

Relational Needs Results

Please add up your responses to the following sets of numbers and total them, please.

1. Acceptance		
1. It's important to me that people accept me for who I am, even if I'm a little different.		
19. When I fail, it's important that others reassure me that I'm still loved.		
36. When I'm introduced into a new environment, I typically search for a group with which I can connect.		
38. It bothers me when people are prejudiced against someone just because they dress or act differently.		
48. It's important for me to feel like I'm part of the group.		
Total		

2 Affection		
5. It's important to me that I receive hugs and warm embraces.		
13. It means a lot to me when loved ones tell me they love me.		
23. I like to be greeted with a handshake or other appropriate friendly touch.		
31. I like caring touches.		
43. I'm happy when I receive unmerited and spontaneous expressions of love.		
Total		

3. Appreciation		
18. When I've worked hard on something, I'm pleased when others affirm me.		
20. It's encouraging to me when others notice my efforts and accomplishments.		
25. I'm thankful when a superior says, "Good job!"		

34. I appreciate trophies, plaques, or special gifts as permanent reminders of my accomplishments.		
40. I enjoy receiving written notes and other specific expressions of gratitude.		
Total		

4. Approval		
7. It's important to me to know where I stand with those who have authority over me.		
11. I like to feel that I'm valuable and important to others.		
16. It's important to me that people acknowledge me not just for what I do, but also for who I am.		
29. I feel good when someone close to me expresses satisfaction with me.		
45. I'm happy when people commend me for the positive characteristics that I exhibit.		
Total		

5. Attention		
6. I feel good when someone considers and tries to understand my perspective.		
12. It's important to me to express my thoughts and feelings to those around me.		
24. I like it when someone wants to spend time with me.		
30. I feel fortunate when someone spends time doing something with me that I really enjoy, even if it's not one of their favorite activities.		
44. I'm pleased when someone listens carefully to me.		
Total		

6. Comfort		
10. I feel good when someone recognizes and		

shows concern for how I'm feeling.		
26. It's important that someone expresses care for me after I have had a hard day.		
28. Written notes and calls expressing sympathy after a serious loss or difficulty are meaningful to me.		
46. I typically don't want to be alone when experiencing hurt and trouble.		
49. I appreciate it when someone tries to understand me and shows me loving concern.		
Total		

7. Encouragement		
3. I sometimes become tired of always trying to do my best.		
15. I'm happy when a friend reaches out to listen and encourage me.		
21. I sometimes feel overwhelmed with all I have to do.		
33. I'm happy when someone shows an interest in what I'm working on.		
42. I am bothered by people who are controlling.		
Total		

8. Respect		
4. It's vital to me that others ask me my opinion.		
14. I resist being seen only as a part of a large group, my individuality is important to me.		
22. I want to be treated with kindness and equality by all regardless of my race, gender, looks, or status.		
32. When a decision is going to affect me, it's important that I'm involved in the decision making process.		
42. I am bothered by people who are controlling.		

Total		
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9. Security		
2. It's important to me that my finances are in order.		
17. I feel best when my world is orderly and somewhat predictable.		
35. I sometimes worry about the future.		
37. The thought of change produces anxiety for me.		
39. I want my friends and loved ones to be there for me through happy and difficult times.		
Total		

10. Support		
8. I feel good when someone notices that I need help and offers to get involved.		
9. When I feel overwhelmed, I want someone to notice and want to help me.		
27. when facing something difficult, I appreciate having other people's perspectives and assistance.		
47. I don't enjoy undertaking a project by myself; I prefer to have a partner.		
50. I would rather work with a team of people than by myself.		
Total		

Scores highest to lowest	
1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	
9.	
10.	

What might be some of the implications of your scores relative to your spouse's scores?

Write down some ways your spouse can fulfill your primary needs.

Write down some ways you can fulfill your spouse's primary needs.
