

Top Ten Relational Needs

Instructions: Select three needs that are typically important to you

You

Other (Friend, Coworker)

Acceptance: Receiving another person willingly and unconditionally, even when the other's behavior has been imperfect. Loving another in spite of differences or failures.

Affection: Expressing care and closeness through physical touch; saying "I love you" or "I care about you."

Appreciation: Expressing thanks, praise or commendation. Recognizing accomplishment or effort particularly for what someone does.

Approval (Blessing): Building up or affirming another particularly for who they are; affirming both the fact of, and the importance of a relationship.

Attention: Conveying appropriate interest, concern, and care; taking thought of another; entering another's world. I want to know what the world looks like from your perspective (not see what you look like from my perspective)

Comfort: Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain.

Encouragement: Urging another to persist and persevere toward a goal; stimulating toward love and good deeds, particularly when someone is weary.

Respect: Valuing and regarding one another highly; treating one another as important; honoring one another.

Security (Peace): Ensuring harmony in relationships even as conflicts are resolved, trust is deepened and vulnerability is expressed; Providing freedom from fear or threat of harm.

Support: Coming alongside and gently helping with a problem or struggle; providing appropriate assistance.

Share with each other your priority needs. Then talk about how you each prefer those needs to be met. Use this sheet to note the other person's responses. Then ask, what would it look like for the other person's priority needs to be met?