

# INTIMACY NEEDS

## ASSESSMENT TOOL

**W**hile we all seem to have most of the same intimacy needs, the priority of those needs at particular times of life can be different for each person. Your greatest need may be for affection, while your partner's greatest need may be security. One child may have an acute need for comfort, but another sibling's greatest need may be encouragement. Appreciation may be at the top of the list for your next door neighbor, while your tennis buddy needs approval more than anything else.

An important aspect of learning to love people is taking the time to know them and to discover what their unique needs are. Perhaps this is what Peter meant when he admonished husbands to, *"Live with your wives in an understanding way"* (1 Peter 3:7). It may also be a part of how a woman, *"Watches over the affairs of her household"* (Proverbs 31:27). It is, no doubt, part of parents "unwrapping" the gifts that God has given them through children, *"Children are a gift from the Lord"* (Psalms 127:3).

This questionnaire will help you assess your most important intimacy needs. Answer the questions, then use the "Interpretation chart" to identify which needs you perceived as most important. Have all your family members complete the questionnaire and then discuss the results.

### Instructions:

Personally respond to these questions by placing the appropriate number beside each sentence.

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
-2	-1	0	+1	+2

Name \_\_\_\_\_

- \_\_\_ 1. It's important that people receive me for who I am - even if I'm a little "different."
- \_\_\_ 2. It's very important to me that my financial world be in order.
- \_\_\_ 3. I sometimes become "weary in well doing."
- \_\_\_ 4. It's vital to me that others ask me my opinion.
- \_\_\_ 5. It's important that I receive frequent physical hugs, warm embraces, etc.
- \_\_\_ 6. I feel good when someone "enters into my world."
- \_\_\_ 7. It's important for me to know "where I stand" with those who are in authority over me.
- \_\_\_ 8. It is particularly meaningful when someone notices that I need help and then they offer to get involved.
- \_\_\_ 9. I often feel overwhelmed, and when I do, I especially need someone to come alongside me and help.
- \_\_\_ 10. I feel blessed when someone recognizes and shows concern for how I'm feeling emotionally.
- \_\_\_ 11. I always like to know if what I "do" is of value and meaningful to others.
- \_\_\_ 12. Generally speaking, I don't like a lot of solitude.
- \_\_\_ 13. It means a lot to me for loved ones to initiate an "I love you."
- \_\_\_ 14. I resist being seen only as a part of a large group - my individuality is important.
- \_\_\_ 15. I am particularly blessed when a friend calls to listen and encourage me.
- \_\_\_ 16. It's important to me that people acknowledge me not just for what I do but for who I am.
- \_\_\_ 17. I feel best when my world is orderly and somewhat predictable.
- \_\_\_ 18. When I've worked hard on a project, I am pleased to have people acknowledge my work and express gratitude.
- \_\_\_ 19. I am unhappy at work unless I am surrounded by some co-workers who enjoy my company.
- \_\_\_ 20. It's particularly encouraging to me when I realize that others notice my "pluses."
- \_\_\_ 21. I sometimes feel overwhelmed and discouraged.
- \_\_\_ 22. I want to be treated with kindness and equality by all, regardless of my race, gender, looks, and status.

Add up your responses (-2, -1, 0, 1, 2) to the following groups of questions:

**(Don't peek until you've answered all 50 questions)**

1, 19, 36, 38, 48 (Acceptance) =

2, 17, 35, 37, 39 (Security) =

11, 18, 25, 34, 40 (Appreciation) =

3, 15, 21, 33, 41 (Encouragement) =

4, 14, 22, 32, 42 (Respect) =

5, 13, 23, 31, 43 (Affection) =

6, 12, 24, 30, 44 (Attention) =

7, 16, 20, 29, 45 (Approval) =

10, 26, 28, 46, 49 (Comfort) =

8, 9, 27, 47, 50 (Support) =

List your 3 highest totals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List your 3 lowest totals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- \_\_\_ 22. I want to be treated with kindness and equality by all, regardless of my race, gender, looks, and status.
- \_\_\_ 23. The physical aspect of marriage is/would be very important to me.
- \_\_\_ 24. I love it when someone wants to spend time with just me.
- \_\_\_ 25. I am particularly blessed when my boss says, "Good job."
- \_\_\_ 26. It's very important to me for someone to hold me and love me after I've had a hard day.
- \_\_\_ 27. While I feel confident about what I "do" (my talents, gifts, etc.), I always sense that I need other people's input and help.
- \_\_\_ 28. Written notes and calls expressing sympathy after a death of a loved one, health problems, or other stressful events are very meaningful to me.
- \_\_\_ 29. I feel good when my spouse shows satisfaction with the way I am.
- \_\_\_ 30. I enjoy being spoken of or mentioned in front of a group of people.
- \_\_\_ 31. I would be described as a "touch/feely" person.
- \_\_\_ 32. When a decision is going to affect my life, it's important to me that I have a "say so" in the decision.
- \_\_\_ 33. I am particularly blessed when someone shows interest in current projects I'm working on.
- \_\_\_ 34. I appreciate trophies, plaques, and special gifts which are a permanent reminder of something significant which I have done.
- \_\_\_ 35. I sometimes worry about the future.
- \_\_\_ 36. When I'm introduced into a new environment, I immediately search for a group of people to connect with.
- \_\_\_ 37. The thought of change (moving, new job, etc.) produces anxiety for me.
- \_\_\_ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
- \_\_\_ 39. It's necessary for me to be surrounded by friends and loved ones who will be there "through thick and thin."
- \_\_\_ 40. I am particularly blessed by written notes and phrases of gratitude.
- \_\_\_ 41. To know that someone is constantly praying for me is very meaningful.
- \_\_\_ 42. I am particularly bothered by "controlling" people.
- \_\_\_ 43. I am blessed by unmerited and spontaneous expressions of love.
- \_\_\_ 44. I am pleased when someone looks me in the eye and really listens to me talk.
- \_\_\_ 45. I am particularly blessed when people commend me for a godly characteristic I exhibit.
- \_\_\_ 46. I never want to be alone when experiencing hurt and trouble; it's important for me to have a "soulmate" who will be with me.
- \_\_\_ 47. I really don't enjoy working on a project by myself, I prefer to have a "helpmate" on every project.
- \_\_\_ 48. It's important for me to feel a "part of the group."
- \_\_\_ 49. I really respond to someone who tries to understand me emotionally and who shows me loving concern.
- \_\_\_ 50. When working on a project, I would much rather work with a team of people rather than by myself.

# Top Ten Intimacy Needs

**Acceptance** – Receiving another person willingly and unconditionally when the other’s behavior has been imperfect. Being willing to continue loving another in spite of offenses (Romans 15:7)

- **Looks like:** Someone likes you even if you’re not perfect. The welcome mat is always out. You are loved even if you blow it badly.
- **Sounds Like:** I love you even if you do not change! I am glad to be your friend even when you mess up.

**Affection** – Expressing care and closeness through physical touch; saying “I love you” – (Mark 10:16)

- **Looks like:** Handshakes, hugs, pats on the back, eye-to-eye communicating.
- **Sounds like:** You are really special! I love you!

**Appreciation** – Expressing thanks, praise or commendation. Recognizing accomplishment or effort (Colossians 3:15b; 1 Corinthians 11:2)

- **Looks like:** Notes, positive comments on effort and accomplishment.
- **Sounds like:** You did a great job on that project! Thank you for your thoughtfulness. I appreciate your diligence in your work.

**Approval (Blessing)**—Building up and affirming another; affirming both the fact of and the importance of a relationship (Ephesians 4:29; Mark 1:11)

- **Looks like:** You are complimented to others. Attending your event. Expressing approval for who you are as well as what you have done.
- **Sounds like:** I am proud of you! You are a blessing to me. Your friendship is important to me.

**Attention** – Conveying appropriate interest, concern, and care; taking thought of another; entering another’s world (1 Corinthians 12:25)

- **Looks like:** Attending your event. Doing what you like to do. Individual, undivided listening. Cooking your favorite meal. Time just with you.
- **Sounds Like:** Tell me about your day. How did your test go? What would you like to do?

**Comfort**— Responding to a hurting person with words, feelings, and touch; to hurt with and for another’s grief or pain (Matthew 5:4; 2 Corinthians 1:3-4, John 11:35)

- **Looks like:** Putting an arm around you when you are sad. Sitting quietly and just “being there.” Crying with you.
- **Sounds like:** I’m sad for you. I’m sorry that you are going through this. I know you must really be disappointed. I know it really hurts when...

**Encouragement**— Urging each other to persist and persevere toward a goal; stimulating toward love and good deeds (Hebrews 10:24)

- **Looks like:** A phone call from work to pray for you on your “big day.” A note expressing belief in you, that you can do it.
- **Sounds like:** I know you can do it. Don’t give up, keep at it. I believe in you!

**Respect**— Valuing and regarding each other highly; treating another as important; honoring each other (Romans 12:10)

- **Looks like:** Asking you before taking something that belongs to you. Returning what was borrowed from you. Listening without interrupting. Checking with you before making plans that will affect you. Appropriate tone of voice. Confessing wrong to you.
- **Sounds like:** I’d like to hear your ideas. What do you prefer? I was wrong, will you forgive me?

**Security (peace)**— Harmony in relationships; freedom from fear or threat of harm or abandonment (Romans 12:16,18)

- **Looks like:** Not threatening to leave you. Not harming you in any way. Setting appropriate limits and reasonably enforcing them. Providing for needs. Not losing temper at you. Being dependable. Being dependable. Keeping promises.
- **Sounds like:** I’m here for you. We’re going to make this work out. I’m going to keep my promise to you.

**Support**— Coming alongside and helping with a problem or struggle; providing appropriate assistance (Galatians 6:2)

- **Looks like:** Helping you with a big project. Teaching you how. Doing hard things together.
- **Sounds like:** I’ll be glad to help you, just let me know. Do you need some help with...?