

Relational Needs Assessment for Couples

Instructions: Look over this list of ten intimacy needs. First, mark the three (3) needs you consider the most important right now. Next, mark the three (3) needs you think your spouse would consider most important to receive right now.

You

Spouse

Acceptance: Receiving another person willingly and unconditionally, even when the other's behavior has been imperfect. Loving another in spite of differences or failures. (Romans 15:7)

Affection: Expressing care and closeness through physical touch; saying "I love you" or "I care about you." (Romans 16:16; Mark 10:16)

Appreciation: Expressing thanks, praise or commendation. Recognizing accomplishment or effort particularly for what someone does. (Colossians 3:15b; 1 Corinthians 11:2)

Approval (Blessing): Building up or affirming another particularly for who they are; affirming both the fact of, and the importance of a relationship. (Ephesians 4:29; Mark 1:11)

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

Comfort: Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain. (Romans 12:15b; Matthew 5:4; 2 Corinthians 1:3-4; John 11:35)

Encouragement: Urging another to persist and persevere toward a goal; stimulating toward love and good deeds, particularly when someone is weary. (1 Thessalonians 5:11; Hebrews 10:24)

Respect: Valuing and regarding one another highly; treating one another as important; honoring one another. (Romans 12:10)

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. (Romans 12:16, 18)

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

Name:

Date:

Couple Relationship Inventory

1) The boxes on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Select the answer that best describes the degree of happiness, all things considered, of your relationship.

Extremely Unhappy	fairly unhappy	a little unhappy	happy	very happy	extremely happy	perfect happy
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2) Most persons have disagreements with their relationships. Please indicate below the appropriate extent of the agreement or disagreement between you and your mate for each item on the following list.

	Always agree	Almost always agree	Occasionally disagree	Frequently disagree	Almost always disagree	Always disagree
Handling family finances						
Matters of recreation						
Religious matters						
Demonstration of affection						
Friends						
Sexual relations						
Dealing with parents or in-laws						
Amount of time together						
Making major decisions						
Household tasks, chores						
Leisure time, interests, hobbies						
Career decisions						
Parenting issues						

3) Please indicate below approximately how often the following items occur between you and your mate.

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
How often does one of you emotionally withdraw or close off from the other?						
How often do you and your mate quarrel or have conflict?						
How often do you discuss or have you considered divorce or separation?						

4) Please indicate below approximately how often the following items occur between you and your mate.

	Every day	Almost every day	Occasionally	Rarely	Never
How often do you confide in your mate?					
How often do you and your mate kiss or demonstrate affection to one another?					
How often do you and your mate pray together or discuss spiritual matters?					
How often have conflicts escalated to the point of emotional or physical abuse?					

Name:

Date:

Marriage

Are there any concerns about you or your spouse's behavior, level of anger, or threats of harm in the midst of conflict? Yes No

If so, please explain.

Have there been occasions of emotional, physical or sexual abuse in your marriage? Yes No

If so, please explain.

Do either you or your spouse ever drink alcohol to intoxication? Yes No

If so, how is this impacting your marriage?

To your knowledge, has marital infidelity ever occurred in your marriage? Yes No

If so, indicate which spouse, when, and how you have addressed this.

Is the use of pornography an issue in the marriage? Yes No

If so, indicate which spouse, when, and status of the porn use.

How We Interact During Conflict

- During an argument, I become silent, withdraw and don't want to discuss things.
- I often get angry and critical to get my partner to talk.
- I often want to avoid talking about our relationship.
- I often want to push my partner to talk about our relationship.
- My partner often pushes an issue and won't let it drop.
- My partner withdraws a lot and won't face an issue when I want to talk.

Name:

Date:

When We're Not Getting Along: Feelings, Thoughts and Behaviors

(Adapted from Douglas Tilley, LCSW-C, printed in *Becoming an Emotionally Focused Couple Therapist* by Susan M. Johnson Ph.D.)

Check off all the statements that reflect the way you feel or what you do when you and your partner are fighting or not getting along. _____

What I Do

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> I attack | <input type="checkbox"/> I criticize |
| <input type="checkbox"/> I avoid conflict | <input type="checkbox"/> I defend |
| <input type="checkbox"/> I become cold or aloof | <input type="checkbox"/> I get quiet |
| <input type="checkbox"/> I blame | <input type="checkbox"/> I leave |
| <input type="checkbox"/> I clam up | <input type="checkbox"/> I withdraw |

What I Feel

- | | |
|---|---|
| <input type="checkbox"/> I feel abandoned | <input type="checkbox"/> I feel inadequate |
| <input type="checkbox"/> I feel afraid | <input type="checkbox"/> I feel empty |
| <input type="checkbox"/> I feel alone or lonely | <input type="checkbox"/> I feel frustrated |
| <input type="checkbox"/> I feel angry | <input type="checkbox"/> I feel guarded |
| <input type="checkbox"/> I feel scared | <input type="checkbox"/> I feel intimidated |
| <input type="checkbox"/> I feel attacked | <input type="checkbox"/> I feel guilty |
| <input type="checkbox"/> I feel blamed or criticized | <input type="checkbox"/> I feel hopeless |
| <input type="checkbox"/> I feel controlled | <input type="checkbox"/> I feel that I don't matter |
| <input type="checkbox"/> I feel disconnected | <input type="checkbox"/> I feel ignored |
| <input type="checkbox"/> I feel invalidated | <input type="checkbox"/> I feel sad |
| <input type="checkbox"/> I feel like it's always my fault | <input type="checkbox"/> I feel shut out or pushed away |
| <input type="checkbox"/> I feel judged | <input type="checkbox"/> I feel small or insignificant |
| <input type="checkbox"/> I feel smothered | <input type="checkbox"/> I feel like clinging to my partner |
| <input type="checkbox"/> I feel misunderstood | <input type="checkbox"/> I feel uncared for or unwanted |
| <input type="checkbox"/> I feel unimportant | <input type="checkbox"/> I feel worried or nervous |
| <input type="checkbox"/> I feel overwhelmed | <input type="checkbox"/> I feel vulnerable |
| <input type="checkbox"/> I feel rejected | <input type="checkbox"/> I feel unloved |

Name:

Date:

UNDERSTANDING YOUR NEGATIVE CYCLE

(Adapted from Douglas Tilley, LCSW-C, printed in *Becoming an Emotionally Focused Couple Therapist* by Susan M. Johnson Ph.D.)

Couples get caught in negative “cycles.” A cycle is a repeating pattern of negative behaviors, thoughts, and feelings that causes distress. You react to your partner’s reactions and your partner reacts to your reactions and you go round and round in a never-ending cycle. Understanding and untangling your negative cycles is a first step in climbing out of distress.

When my partner and I are not getting along:

I often react by (describe your behaviors)...

My partner often reacts to me by (describe his/her behaviors)

When my partner reacts this way, I often feel (i.e. hurt, angry, alone, trapped, etc.)...

When I feel this way, I begin to see myself as (i.e. weak, inadequate, helpless, etc.) ...

When I feel this way, what I really long for or need from them is...

When I react the way I do, I guess that my partner feels...

Summarize: Describe the repeating negative cycle that you and your spouse get caught in (include how you and your partner trigger each other’s feelings, thoughts, and behaviors).

Name:

Date:

Relational Needs Questionnaire

While we all have the same relational needs, the *priority* of those needs is 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 others is taking the time to know them and to discover what their priority needs are. This questionnaire will help you assess your most important relational needs. Answer the questions, then score the questionnaire to identify which needs you perceived as most important.

Instructions: Respond to these questions by placing the appropriate number beside each item:

- | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|-------------------|----------|---|-------|----------------|
| -2 | -1 | 0 | 1 | 2 |
| _____ | 1. | It's important that my spouse accepts me for who I am, even if s/he views me as "different" or "difficult." | | |
| _____ | 2. | It's important to me that our marriage and family finances be in order. | | |
| _____ | 3. | I sometimes become discouraged when I'm struggling in my marriage. | | |
| _____ | 4. | It's vital to me that my spouse asks me my opinion. | | |
| _____ | 5. | It's important that I receive physical hugs, warm embraces, etc from my spouse. | | |
| _____ | 6. | I feel good when my spouse "enters my world" and shows interest in things that matter to me. | | |
| _____ | 7. | It's important for me to know "where I stand" with my spouse. | | |
| _____ | 8. | It is meaningful when my spouse notices that I need help and then offers to get involved. | | |
| _____ | 9. | If I feel overwhelmed, I want my spouse to come alongside me and help. | | |
| _____ | 10. | I feel blessed when my spouse recognizes and shows concern for how I'm feeling. | | |
| _____ | 11. | I like to know if "who I am" is of value and is meaningful to my spouse. | | |
| _____ | 12. | It is important to me to express myself—what I think, feel, etc.—to my spouse. | | |
| _____ | 13. | It means a lot to me for my spouse to initiate saying to me, "I love you." | | |
| _____ | 14. | My individuality is important, and it is important to me that my spouse sees that. | | |
| _____ | 15. | I am blessed when my spouse listens and encourages me when I'm discouraged. | | |
| _____ | 16. | It's important to me that my spouse affirms me not just for what I do, but also for who I am. | | |
| _____ | 17. | I feel best when my relationship with my spouse is "orderly" and predictable. | | |
| _____ | 18. | When I've worked hard on something, I am pleased when my spouse expresses gratitude. | | |
| _____ | 19. | When I make a mistake, it's important to me to be reassured that my spouse still loves me. | | |
| _____ | 20. | It's encouraging to me when my spouse notices my efforts or accomplishments. | | |
| _____ | 21. | If I feel discouraged and ready to give up, it helps to talk it out with my spouse. | | |
| _____ | 22. | I want to be treated with respect by my spouse, even when I have made a mistake. | | |
| _____ | 23. | I like to be greeted with hugs and kisses from my spouse. | | |
| _____ | 24. | I like it when my spouse wants to spend time with me. | | |
| _____ | 25. | I am blessed when my spouse says, "Good job." | | |

Name:

Date:

Relational Needs Questionnaire - CONTINUED

Instructions: Respond to these questions by placing the appropriate number beside each item:

- | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|-------------------|----------|---------|-------|----------------|
| -2 | -1 | 0 | 1 | 2 |
- _____ 26. It's important to me for my spouse to express care for me after I've had a hard day.
- _____ 27. When facing something difficult, I appreciate my spouse's input and help.
- _____ 28. After a loss or difficulty, I like receiving written notes, e-mails, or calls expressing care from my spouse.
- _____ 29. I feel good when my spouse shows joy in who I am.
- _____ 30. I enjoy when my spouse speaks well of or mentions me publically to other people.
- _____ 31. I like hugs and/or other caring physical touch from my spouse.
- _____ 32. When a decision is going to affect me, it's important to me that my spouse involves me in deciding.
- _____ 33. I feel encouraged when my spouse shows interest in what I'm working on.
- _____ 34. I like it when my spouse gives gifts as an affirmation of something significant I have done.
- _____ 35. I sometimes worry about the future of my marriage.
- _____ 36. I like it when my spouse accepts me as an individual—that we don't have to be alike in our tastes and preferences.
- _____ 37. It helps me to experience that my spouse is "looking out for me," seeking to protect me from possible threats or harm.
- _____ 38. It would bother me if my spouse didn't like someone because they dressed or acted differently.
- _____ 39. I want to be reassured that my spouse will be there in both joyful and difficult times.
- _____ 40. I am blessed by written notes and other specific expressions of gratitude from my spouse.
- _____ 41. To know that my spouse is praying for me encourages me to keep trying.
- _____ 42. I am bothered if I experience my spouse trying to be in control of my actions or decisions.
- _____ 43. I am blessed when I receive unmerited and spontaneous expressions of love from my spouse.
- _____ 44. I am pleased when my spouse carefully listens to me.
- _____ 45. I am blessed when my spouse praises me for a godly characteristic that I exhibit.
- _____ 46. I typically want to be with my spouse when I'm experiencing disappointment or trouble.
- _____ 47. I don't enjoy working on a project by myself; I prefer to have my spouse work with me.
- _____ 48. It's important for me to feel included in my spouse's life.
- _____ 49. I respond positively when my spouse tries to understand me and show me loving concern.
- _____ 50. I prefer to work on something with my spouse rather than on my own.

Name:

Date:

Family of Origin Questionnaire

Please provide the following information regarding each person from your family origin and anyone that lived in your home while you were growing up. Insert their relationship to you inside the [] such as brother, sister, etc. Please include parents, siblings, step-parents or step-siblings. If you were adopted, please indicate that they are your adoptive parents. If someone is deceased, please note the year of their death and their age at death.

[Mother] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

Describe how she praised you:

Describe how she criticized you:

[Father] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

Describe how he praised you:

Describe how he criticized you:

[] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

[] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

[] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

[] Name _____ Age _____

Occupation _____

Describe *their personality* when you were growing up:

Describe your *relationship with them* when you were growing up:

Describe how mom showed that she loved you:

Describe how dad showed that he loved you:

How did Mom and Dad deal with conflict between themselves?

Dad would _____

Mom would _____

Name:

Date:

How did Mom and Dad handle conflict with you?

Dad would

Mom would

Have you lost a parent, sibling or any other person close to you through death? Yes No

If so, who? What was your age?

How has their death impacted you?

Did your parents ever divorce? Yes No

If so, how old were you?

Which parent did you primarily live with afterward?

How has their divorce impacted your life?

Was there any form of alcohol or substance abuse in your home growing up? Yes No

If yes, please describe and explain how this impacted you and your family.

Did either of your parents ever threaten you with harm or abandonment? Yes No

If so, please describe.

Have there been any experiences in your life that you would consider abusive or traumatic?

Yes No

If so, please describe.

To your knowledge, are there currently, or were there any indications of mental or emotional disorders in any of your family members growing up? Yes No

If so, whom

What type of disorder?

How did their disorder impact you and your family

To your knowledge, was marital infidelity an issue with either of your parents growing up? Yes No

If so, how did they resolve this?

How has it impacted you and your family?

What was the role of faith or spirituality in your home growing up?

When you were hurting, frightened, or upset as a child, what would you do?

How would your parents respond to you when you were hurting, frightened, or upset?

What stands out to you as the most positive experience growing up in your family?

What stands out to you as the most negative experience growing up in your family?

Name:

Date:

Indicate either "Mom" or "Dad," "both," or "neither" next to the following phrases to help describe your home life as a child.

_____ Family leader

_____ Comfortable giving affection to me

_____ Main disciplinarian

_____ Hard to please

_____ Quick temper

_____ Parent I felt closest to

Check the following phrases that best describe your thoughts about your childhood.

- Our family appeared normal to everyone else.
- I was loved because of what I did—my performance.
I was loved for who I was – my character.
- I was kind of an outsider, an observer to the rest of the family. Our home was demanding, performance-based, lots of rules.
- I often felt alone.
- I always felt like we "walked on eggshells" around our house.
- I always seemed to be the "adult," even when my parents were around. It was always extremely important for me to please everyone.
- I'm not sure anyone knew the "real" me.

What do you think was missing in your family?

What emotions did you feel as you were completing the questions above?

Do you think your experiences as a child may be affecting your view of God? How?

If married, in what ways might your experiences as a child be affecting how you relate to your spouse?

If single, in what ways might your experiences as a child be affecting how you relate to other people?

Name:

Date:

Life Script – Adult Issues

What do you see as your current top five priorities in life?

- 1.
- 2.
- 3.
- 4.
- 5.

What would “heaven on earth” be for you?

What would you like to see accomplished in your life during the next twelve months?

What are your three most pressing “problems” and why?

- 1.
- 2.
- 3.

What have you attempted so far to deal with these problem areas?

- 1.
- 2.
- 3.

What feelings or thoughts would best describe how you feel about your life?

What would you like to be “remembered for”?

Complete the following sentences based on your perceptions.

Jesus is...

I am...

My spouse is...

My marriage is...

My future is...

I am hurt about...

I am frustrated about...

I am anxious about...

I am sad about...

I regret that...

I find relief by...

I wish that...

Name:

Date:

Health and Psychological History

Have either you or your spouse contacted an attorney about divorce or separation? Yes No
If so, indicate which spouse has made contact, when, and status of the legal action.

Do you have any medical or health condition that would require special arrangements during your participation in the Intensive (such as a particular type of chair for a back condition, special dietary requirements, etc)? Yes No
If yes, please describe the condition and the arrangements necessary.

Do you have any medical or health condition that would potentially impair your ability to participate fully in the Intensive? Yes No
If yes, please explain.

Have you had a significant alcohol or substance abuse problem in the past? Yes No
If yes, please discuss the circumstances, dates, and current status of the abuse or addiction.

Do you currently experience problems with alcohol or other substances? Yes No
If yes, please share briefly the type of problem you are experiencing.

Have you experienced any type of eating disorder in the past? Yes No
If yes, please describe the type, duration, and current status of the eating disorder.

Have you been physically or sexually abused? Yes No
If yes, please describe the type of abuse, relationship to the abuser, duration of abuse, and any treatment you received for the abuse.

Are there any concerns or questions you would like to discuss with one of the counselors prior to arriving? If so, please discuss briefly your concern below. If you prefer, you may also call our office and ask to speak to a counselor.

Please list your physician's name and phone number in case of emergency.

Please list the name and phone number of a person to contact in case of emergency:

I affirm that I have answered the above questions honestly.

Signature

Date