

Appendix B

Intimacy Needs Assessment Tool

While 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 a friend's greatest need may be for **security**. One sibling 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 you next door neighbor, while your tennis buddy needs **approval** more than anything else.

An important aspect of learning to love people well is taking the time to know them and to discover what their unique needs are. This questionnaire will help you assess your most important intimacy needs.

Name: _____ Date Completed: _____

Instructions: Personally respond to these questions by placing the appropriate number beside each sentence. Then, use the "interpretation chart" to identify which needs you perceived as most important. Later, discuss your results with friends or journey-mates who have also completed it.

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

- ___ 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.

Intimacy Needs Assessment Tool

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

- ___ 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.
- ___ 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 is/would be 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 talent, gifts, etc.), I always sense that I need other people's input and help.
- ___ 28. Written notes and calls expressing sympathy after the death of a loved one, health problems, or other stressful stressful events are very meaningful to me.
- ___ 29. I feel good when someone 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 "touchy/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 "soul mate" 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 than by myself.

Interpretation of Questions

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

1. 1 _____
 19 _____
 36 _____
 38 _____
 48 _____
 Total _____

These responses relate to the need for **ACCEPTANCE**

5. 4 _____
 14 _____
 22 _____
 32 _____
 42 _____
 Total _____

These responses relate to the need for **RESPECT**

9. 10 _____
 26 _____
 28 _____
 46 _____
 49 _____
 Total _____

These responses relate to the need for **COMFORT**

2. 2 _____
 17 _____
 35 _____
 37 _____
 39 _____
 Total _____

These responses relate to the need for **SECURITY**

6. 5 _____
 13 _____
 23 _____
 31 _____
 43 _____
 Total _____

These responses relate to the need for **AFFECTION**

10. 8 _____
 9 _____
 27 _____
 47 _____
 50 _____
 Total _____

These responses relate to the need for **SUPPORT**

3. 11 _____
 18 _____
 25 _____
 34 _____
 40 _____
 Total _____

These responses relate to the need for **APPRECIATION**

7. 6 _____
 12 _____
 24 _____
 30 _____
 44 _____
 Total _____

These responses relate to the need for **ATTENTION**

List your three **HIGHEST totals**. These represent your current priority needs based upon your responses to the questions.

1. _____
 2. _____
 3. _____

4. 3 _____
 15 _____
 21 _____
 33 _____
 41 _____
 Total _____

These responses relate to the need for **ENCOURAGEMENT**

8. 7 _____
 16 _____
 20 _____
 29 _____
 45 _____
 Total _____

These responses relate to the need for **APPROVAL**

List your three **LOWEST totals**.

8. _____
 9. _____
 10. _____

NAME: _____

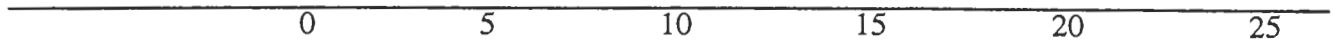
Marriage Intimacy Inventory

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. My spouse is supportive and encouraging of my personal spiritual growth.	1	2	3	4	5
2. We seem to be good at giving one another undivided attention when listening or talking.	1	2	3	4	5
3. My spouse is attentive and sensitive to my needs in the area of sexual foreplay.	1	2	3	4	5
4. We seem to practice honest confession followed by genuine forgiveness when one of us has hurt the other.	1	2	3	4	5
5. When I'm sharing my feelings, my spouse values them and is sensitive to provide understanding reassurance.	1	2	3	4	5
6. I'm very comfortable communicating to my spouse my sexual desires and preferences.	1	2	3	4	5
7. It would be characteristic for us to share together some of our long range dreams and hopes—even if they seemed silly!	1	2	3	4	5
8. Sharing appreciation and verbalizing love are two things my spouse is very good at.	1	2	3	4	5
9. We seem to prioritize frequent times of quality talking and having dates together.	1	2	3	4	5
10. We seem to frequently recount the good times and blessings we have enjoyed as a couple.	1	2	3	4	5
11. I remember special times when my spouse and I shared together in strong emotions, like grief, sadness, joy, or brokenness.	1	2	3	4	5
12. I'm very satisfied with my spouse's sensitivity in meeting my sexual needs.	1	2	3	4	5
13. In many of the important issues concerning values and beliefs, my spouse and I often tend to agree.	1	2	3	4	5
14. Verbalizing to my spouse my needs and desires concerning our relationship would be normal for me.	1	2	3	4	5
15. I am satisfied in my spouse's frequency of initiating sexual times together.	1	2	3	4	5

Interpreting Your Score

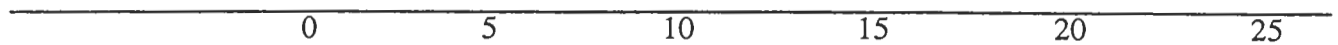
Add your responses for Questions #1, #4, #7, #10 and #13 and chart your score here:

Spiritual Scale:



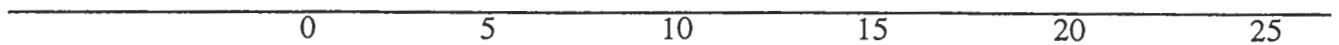
Add your responses for Questions #2, #5, #8, #11 and #14 and chart your score here:

Friendship Scale:



Add your responses for Questions #3, #6, #9, #12 and #15 and chart your score here:

Physical Scale:



Did any new insights or questions come to mind as you completed this inventory? _____
