



Childhood Intimacy Needs Questionnaire

Thirty Intimacy Needs

Read each definition carefully and then identify the needs you received from each biological parent. Make a half circle on the left of the number if Dad met that intimacy need and make a half circle on the right of the number if Mom met that need. X the number if no one met that need.

Example: (1 Dad met need. 2) Mom met need (3) Both parents met the need. 4 Neither met the need (Complete the exercise twice if you had other significant caregivers.)

1. **Acceptance** – deliberate and ready reception with a favorable response – Romans 15:7
2. **Admonition** – constructive guidance in what to avoid; to warn – Romans 15:14
3. **Affection** – to communicate care and closeness through physical touch and loving words – Romans 16:16
4. **Appreciation** – communication of personal gratefulness of another with words and feelings – I Corinthians 11:12
5. **Approval** – expressed commendation: thinking and speaking well of – Romans 14:18
6. **Attention** – taking thought of another and conveying appropriate interest and support – I Corinthians 12:25
7. **Comfort** – giving consolation with tenderness – I Thessalonians 4:18
8. **Compassion** – suffering with another person in a trial or burden – Hebrews 10:34
9. **Confession** – open acknowledgement of wrongs committed, based on inner conviction – James 5:16
10. **Deference** – yielding or deferring to another for their benefit – Ephesians 5:21
11. **Devotion** – a firm and dependable foundation of committed care – Romans 12:10
12. **Discipline** – reproof and correction with boundaries are crossed and limits exceeded – Proverbs 23:13; Revelation 3:19
13. **Edification** – positively promoting the growth and development of another – Romans 14:19



14. **Encouragement** – urging forward and positively persuading toward a goal – I Thessalonians 5:11; Hebrews 10:24
15. **Forgiveness** – cancellation or release of wrongs committed and granting instead of unconditional favor – Ephesians 4:32
16. **Harmony** – an environment of pleasant acceptance and secure love – I Timothy 2:2-3
17. **Hospitality** – open reception of another with a loving heart – I Peter 4:9
18. **Intimacy** – deep sharing and communion with one another – I John 1:7
19. **Kindness** – pleasant and gracious servant hood – Ephesians 4:32
20. **Love** – seeking welfare of others and opportunity to do good unto others – John 13:34
21. **Prayer** – entreating God’s attention and favor upon another – John 13:34
22. **Respect** – valuing and regarding highly; conveying great worth – Romans 12:10
23. **Security** – confidence of harmony in relationships free from harm – Mark 9:50
24. **Serving** – giving up oneself in caring ministry to another – Galatians 5:13
25. **Support** – coming alongside and gently helping carry a burden – Galatians 6:2
26. **Sympathy** – identifying with another emotionally – I Peter 3:8
27. **Teaching** – constructive and positive instruction in how to live – Colossians 3:16
28. **Tolerance** – patient endurance of another’s humanness – Ephesians 4:2; Colossians 3:13
29. **Training** – modeling God’s way of facing life’s issues – Luke 6:40
30. **Understanding** – seeking to know and accept another without judging – Romans 12:16



Now reflect on the activity above, especially noting the half-circles and X's you made.

How would you summarize what you missed from your mother? _____

Are the things you missed from your mother still important to you? How? Be specific.

What are some of your needs that were met by your mother? _____

Are these needs still important to you? How? _____

How would you summarize what you missed from your father? _____

Are the things you missed from your father still important to you? How? _____

What are some of the needs that were met by your father? _____

Are these needs still important to you? How? _____

How would you summarize what you missed from other caregivers? (Stepmother/father, adoptive parents, grandparents, etc.) _____

Are the things you missed from them still important to you? How? _____



What were some of your needs that were met by these significant caregivers?

Are these needs still important to you? How? _____

What feelings do you have about this exercise? How do you feel about your number of X's? Your number of circles? _____

Are some of the needs listed above important to you in your marriage relationship? How? Be specific. _____
