



Learning to Identify Needs from What People Say

Listed below are some phrases you might hear from your spouse, children, friends, or coworkers. Beside each phrase write the need(s) which may be indicated by each statement. Possible needs are:

Acceptance	Security
Attention	Respect
Approval	Appreciation
Comfort	Support
Encouragement	Affection

1. "You're always so busy." _____
2. "Look what I did!" _____
3. "Could I tell you what I think?" _____
4. "I'm just not sure I can count on you." _____
5. "I just can't do this!" _____
6. "I feel kind of out of place." _____
7. "I've really had a bad day." _____
8. "It seems like we never have time to talk." _____
9. "Could you just hold me?" _____
10. "I don't think I can do this alone." _____
11. "What do you think of my haircut?" _____
12. "I just can't do anything right!" _____
13. "I've had it!" _____
14. "You always make all the decisions!" _____
15. "I just want a place we can call home!" _____
16. "I told you not to do that!" _____
17. "You're always complaining! Don't I do anything right?" _____

(Adapted from Top Ten Intimacy Needs by David Ferguson and Don McMinn, Intimacy Press, 1994, p. 38)

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