

Needs of the Heart & Relational Needs

- Acceptance: I long to belong, to be part of a larger group
- Affection: To communicate care and closeness through physical touch.
- Affirmation: for a job well done
- Appreciation/Praise: To communicate with words and feeling personal gratefulness for another.
- Approval: Expressed commendation; positive affirmation; to bestow favor; to think and speak well of.
- Attention: I desire for others to like me and embrace me
- To be Blessed: for who we are. That we are a good person, that someone is proud of us, that we bring joy to someone's life
- To be Chosen: by one other person because of who we are
- Comfort/Empathy: To come alongside with word, feeling, and touch; to give consolation with tenderness.
- Encouragement: To urge forward and positively persuade toward a goal.
- To be heard and understood: to be known
- Purpose: I long for impact, meaning, and to be powerful
- Respect: dignity, appreciation, esteem, honor, consideration, recognition, and courtesy.
- Support: To come alongside and gently help carry a load; to assist; to provide for.
- Security/Peace: Confidence and harmony in a relationship; freedom from harm.
- Wholeness I long for fullness, I long for well-being

Adapted from "Surfing for God: Discovering the Desire Beneath Sexual Struggle" and "The 7 Principles of Highly Accountable Men" and Top 10 Relational Needs from Center for Relational Care