

How have your needs been met?

Look over this list and consider to what extent each of your parents were able to meet them for you in your childhood. Shade in each square in proportion to the extent you feel that need was met:



Father Mother

Acceptance

Deliberate and ready reception with a favourable positive response

Affection

To communicate care and closeness through physical touch

Appreciation

To communicate with words or feelings a personal gratefulness for another

Approval

Expressed commendation; to think and speak well of

Attention

To take thought of another and convey appropriate interest and support; to enter into another's 'world'

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

Respect

To value and regard highly; to convey great worth

Security

Confidence of harmony in relationships; free from harm

Support

Come alongside and gently help carry a load

Taken from 'Top 10 Intimacy Needs' by Dr David Ferguson & Dr Don McMinn

How to deal with unmet needs

- 1 Face the hurt or problem and mourn it, and receive comfort from a friend or pastor (Rom 12:15-16: 'Rejoice with those who rejoice; mourn with those who mourn.')
- 2 Forgive the person (Eph. 4:32: 'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.')
- 3 Ask Jesus to fill you with the Holy Spirit and meet the need. (Col 1:15-20 'He is the image of the invisible God, the firstborn over all creation. For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.')