

John Townsend's 22 Relational Needs

GRACE

I NEED ...

I NEED YOU TO ...

BE PRESENT

Acceptance
Attunement
Validation
Identification
Containment
Comfort

Connect with the real me without judgement.
Take on my perspective without judgement & let me know you feel what I am feeling. *(Perception & Emotion)*
Let me know my feelings are significant & not to be dismissed or minimized.
Share your own similar experience to help me see that I'm not the only one who struggles.
Let me vent and just have the feelings without fixing me.
Be present with me when I need to grieve a loss.

CONVEY GOOD

Affirmation
Encouragement
Respect
Hope
Forgiveness
Celebration

Tell me you notice I'm doing something good that requires effort. *(now oriented)*
Let me know you believe in me to continue on. *(future oriented)*
Assign value to what I am doing.
Help me to find reality-based confidence in my future.
Let me know my debt is cancelled & help me cancel debts I owe to me.
Acknowledge a success in my life with me.

PROVIDE REALITY

Clarification
Perspective
Insight
Feedback
Confrontation

Ask me a few questions to help me get to the real issue & solutions.
Help me connect the dots at a deeper level.
Give me insight to make sense of & comprehend the real issue in my situation. *(Reality underneath the emotion.)*
Tell me how you experience me so that I can be aware of how I come across.
Point out something I'm doing that is setting me back so I can stop it.

CALL TO ACTION

Advice
Structure
Challenge
Development
Service

Recommend some constructive action to help me change & grow.
Help me create a framework to accomplish something.
Move me beyond my comfort zone to higher levels of performance.
Guide me to a path for structured growth in an area.
Help me serve and give back to others what I have received.

1. Identify your need.
2. Ask for the need to be met.
3. Receive the good, don't devalue or divert.
4. Use the nutrients to be healthy & push on toward you mission.

"Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them. Eccl. 4:9-10

TRUTH