

CA⁵RESS Your Relationship

Core NEEDS	Understanding the NEEDS
Comfort	To soothe, console, or reassure. Responding to a hurting person with words, feelings, and touch (Rom. 12:15b; Matt 5:4; 2 Cor. 1:3-4; John 11:35)
Acceptance	Favorable reception. Receiving and loving another person willingly and unconditionally, especially when the other person's behavior has been imperfect. (Rom. 15:7)
Affection	A tender feeling toward another. Expressing care and closeness through physical touch (Rom. 16:16; Mark 10:16)
Appreciation	An expression of Gratitude. Expressing thanks and praise for what another has accomplished or completed. (Col. 3:15b; 1 Cor. 11:2)
Approval	Formal permission or sanction. Building up or affirming another; affirming both the fact of and the importance of another. A Blessing. (Eph. 4:29, Mark 1:11)
Attention	Awareness. Consciousness. Conveying appropriate interest, concern, and care; taking thought of another; entering another's "world." (1 Cor. 12:25)
Respect	The state of being regarded or esteemed. Valuing and regarding another highly; treating another with good will. (Rom. 12:10)
Encouragement	The act of giving hope and support to someone. Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (1 Thess 5:11; Heb. 10:24)
Security	Well-founded confidence. Relationship harmony; freedom from fear or threat of harm. (Rom. 12:16,18)
Support	To uphold by aid or assistance; Coming alongside and gently helping with a problem or struggle (Gal. 6:2)

CA⁵RESS Assessment Tool

INSTRUCTIONS: Respond to each statement by placing the appropriate number beside each sentence.

STRONGLY DISAGREE
-2

DISAGREE
-1

NEUTRAL
0

AGREE
1

STRONGLY AGREE
2

- _____ 1 . It's important that people receive me for who I am – even if I'm a little "different."
- _____ 2. It's very important to me that my financial world be in order.
- _____ 3. I sometimes become "weary in well-doing."
- _____ 4. It's vital to me that others ask me for my opinion.
- _____ 5. It's important that I receive frequent physical hugs, warm embraces, etc.
- _____ 6. I feel especially good when someone "enters into my world."
- _____ 7. It's important for me to know "where I stand" with those who are in authority over me.
- _____ 8. It is particularly meaningful when someone notices that I need help and then they offer to get involved.
- _____ 9. If I feel overwhelmed, I especially want someone to come alongside me and help.
- _____ 10. I feel blessed when someone recognizes and shows concern for how I'm feeling emotionally.
- _____ 11 . I always like to know if "who I am" is of value and is meaningful to others.
- _____ 12. Generally speaking, I don't like a lot of solitude.
- _____ 13. It means a lot to me for loved ones to initiate an "I love you."
- _____ 14. I resist being seen only as a part of a large group – my individuality is important.
- _____ 15. I am particularly blessed when a friend calls to listen and encourage me.
- _____ 16. It's important to me that people acknowledge me not just for what I do, but for who I am.
- _____ 17. I feel best when my world is orderly and somewhat predictable.

CA⁵RESS Assessment Tool

STRONGLY DISAGREE
-2

DISAGREE
-1

NEUTRAL
0

AGREE
1

STRONGLY AGREE
2

- _____ 18. When I've worked hard on a project, I am pleased to have people acknowledge my work and express gratitude.
- _____ 19. When I "blow it" it is especially important to me to be reassured that I am still loved.
- _____ 20. It's particularly encouraging to me when I realize that others notice my "pluses."
- _____ 21. I sometimes feel overwhelmed and discouraged.
- _____ 22. I want to be treated with kindness and equality regardless of my race, gender, looks, or status.
- _____ 23. The sexual aspect of our marriage is/would be very important to me.
- _____ 24. I love it when someone wants to spend time with just me.
- _____ 25. I am particularly blessed when a "superior" says, "good job!"
- _____ 26. It's very important to me for someone to hold me and love me after I've had a hard day.
- _____ 27. While I feel confident about what I "do" (my talents, gifts, etc.), I always sense that I need other people's input and help.
- _____ 28. Written notes and calls expressing sympathy after the death of a loved one, health problems, or divorce are very meaningful to me.
- _____ 29. I feel good when someone close to me shows satisfaction with the way I am.
- _____ 30. I enjoy being spoken of or mentioned in front of a group of people.
- _____ 31. I would be described as a "touchy-feely" person.
- _____ 32. When a decision is going to affect my life, it is important to me that I have a "say so" in the decision.
- _____ 33. I am particularly blessed when someone shows interest in current projects I am working on.
- _____ 34. I appreciate trophies, plaques, and special gifts, which are a permanent reminder of something significant that I have done.
- _____ 35. I sometimes worry about the future.

CA⁵RESS Assessment Tool

STRONGLY DISAGREE DISAGREE NEUTRAL AGREE STRONGLY AGREE
-2 -1 0 1 2

- _____ 36. When I am introduced into a new environment, I immediately search for a group of people to connect with.
- _____ 37. The thought of change (moving, new job, etc.) produces anxiety for me.
- _____ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
- _____ 39. It's necessary to me to be surrounded by friends and loved ones who will be there "through thick and thin."
- _____ 40. I am particularly blessed by written notes and phrases of gratitude.
- _____ 41. To know that someone is constantly praying for me is very meaningful.
- _____ 42. I am particularly bothered by "controlling" people.
- _____ 43. I am blessed by unmerited and spontaneous expressions of love.
- _____ 44. I am pleased when someone looks me in the eye and listens to me speak.
- _____ 45. I am particularly blessed when people commend me for a godly characteristic I exhibit.
- _____ 46. I never want to be alone when experiencing hurt and trouble; it's important for me to have someone with me.
- _____ 47. I really don't enjoy working on a project by myself; I prefer to have a partner on every project.
- _____ 48. It's important for me to feel a "part of the group."
- _____ 49. I really respond to someone who tries to understand me emotionally and who shows loving concern.
- _____ 50. When working on a project, I would much rather work with a team of people than by myself.

(Adapted from the work of Dr. David Ferguson of Intimate Life Ministries)

CA⁵RESS Assessment Summary

INSTRUCTIONS: Add up your responses to the corresponding question number using the scale (-2, -1, 0, +1, +2).
Circle your 3 highest scores - these are your top 3 priority needs.

COMFORT		ATTENTION	
10	_____	6	_____
26	_____	12	_____
28	_____	24	_____
46	_____	30	_____
49	_____	44	_____
Total	_____	Total	_____

ACCEPTANCE		RESPECT	
1	_____	4	_____
38	_____	14	_____
48	_____	22	_____
36	_____	32	_____
19	_____	42	_____
Total	_____	Total	_____

AFFECTION		ENCOURAGEMENT	
5	_____	3	_____
13	_____	15	_____
23	_____	21	_____
31	_____	33	_____
43	_____	41	_____
Total	_____	Total	_____

APPRECIATION		SECURITY	
16	_____	2	_____
18	_____	17	_____
20	_____	35	_____
34	_____	37	_____
40	_____	39	_____
Total	_____	Total	_____

APPROVAL		SUPPORT	
7	_____	8	_____
11	_____	9	_____
25	_____	27	_____
29	_____	47	_____
45	_____	50	_____
Total	_____	Total	_____

Meet My Needs

After taking the CARESS Assessment, I have discovered my Top 3 Priority Needs are:

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions of what you (spouse) could do (S.M.A.R.T. behavior) to “meet the need” for my Priority Need # 1 _____:

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions of what you (spouse) could do (S.M.A.R.T. behavior) to “meet the need” for my Priority Need # 2 _____:

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions of what you (spouse) could do (S.M.A.R.T. behavior) to “meet the need” for my Priority Need # 3 _____:

- 1) _____
- 2) _____
- 3) _____

S.M.A.R.T = **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**ime Specific

Once completed, share your answers with your spouse, along with your S.M.A.R.T. suggestions about how your spouse can help “meet the need.”

Meet Your Needs

Now record your spouse's answers to the same questions from "Meet My Needs."

I have discovered the Top 3 Priority Needs for my spouse are:

- 1) _____
- 2) _____
- 3) _____

Below are some suggestions of what I could do (S.M.A.R.T. behavior) to "meet the need" for my spouse's Priority Need # 1 _____:

- 1) _____
- 2) _____
- 3) _____

Below are some suggestions of what I could do (S.M.A.R.T. behavior) to "meet the need" for my spouse's Priority Need # 2 _____:

- 1) _____
- 2) _____
- 3) _____

Below are some suggestions of what I could do (S.M.A.R.T. behavior) to "meet the need" for my spouse's Priority Need # 3 _____:

- 1) _____
- 2) _____
- 3) _____

S.M.A.R.T = **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**ime Specific