

# Emotional Needs

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**Everyone has needs in relationship with others. Couples have the opportunity to get many of their interpersonal needs met through their relationship.**

**You should get your emotional needs met in various ways, not just through your partner.**

**For example, you should have good friends, a sense of self-reliance, engage in important work, have meaningful spiritual experiences, and a sense of purpose in your life.**

**However, it is good and healthy for partners to meet each others' needs too, including emotional needs.**

**What are your emotional needs? Identify your top 2 emotional needs from the list on the next page.**



## The top ten emotional needs in general are:

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1. **Sexual Fulfillment:** Meeting physical intimacy and sexual needs
2. **Recreational Companionship:** Meeting needs for hobbies, recreation and just “getting out of the house” with someone
3. **Physical Attractiveness:** Feeling attractive to your mate, like someone wants you and finds you eye-catching.
4. **Admiration:** A sense that your accomplishments in life, personality and “who you are” is admired by your partner.
5. **Domestic Support:** This is sharing the load of the responsibilities of running a household at various times in life, including household chores and co-parenting
6. **Affection:** This is the warmth and fondness that is not necessarily sexual
7. **Conversation:** Everyone needs someone to talk with, share ideas, describe their day’s events, “solve the world’s problems” together or debate politics.
8. **Financial Support:** The ebb and flow of finances across a life often involves relying on others for financial support to meet goals or in difficult times.
9. **Honesty & Openness:** There is a need for someone in your life who you know will be honest and open with you regarding your life, even if it challenges you.
10. **Family Commitment:** A partner brings their family with them as a potential support. Couples have the potential of creating a new family if the couple has children. A strong family commitment is the best environment for raising the next generation.

# Discuss Your Emotional Needs Together

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**Share with your partner what you feel are your 2 top needs in your relationship at this point in your life.**

**Describe why you need these things in as vulnerable a way as you can.**

**Once you both have shared then list 3 ways you can fulfill your partners' top 2 emotional needs in the coming week.**

**Be reasonable in your plans but take a risk. Commit to meeting your partners' most important needs this week.**

1.

2.

3.