



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 below.

The top ten in general are:

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.

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.