Emotional Needs

1. Įdentify needs. Separately, each partner underlines his or her primary emotional needs from the list below. Skip the ones that are not important to you.

As mentioned above, you may not be fully aware of your emotional needs. However, when you take the time to reflect, it is possible to more fully identify your needs.

2. List ways to ful´ ll these needs. Next to each underlined 'emotional need,' list 3 or 4 ways they can be met with your partner's help.

3. Įnform your partner of your emotional needs. Share the list with your partner. Take turns discussing each of the listed items that identify your emotional needs (the ones you underlined) and your suggestions for ways to fulfill them. Your partner may ask questions to make sure he or she understands your needs and how he or she can help you meet them.

When your partner shares his or her list with you, ask questions until you understand fully what his or her emotional needs are and how you can help him or her get them met.

Your most important emotional needs. Circle, underline, or highlight and provide guidance for increasing those feelings for the needs that are true for you:

Organized and Predictable Life

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Emotional Needs

Romance

Sex

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Emotional Needs

Feeling Cared For

Feeling Acknowledged

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Emotional Needs

Feeling Valued

Feeling Like a Hero

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Emotional Needs

Feeling Respected

Feeling Loved

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Emotional Needs

Loyalty

Not Feeling Abandoned

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Feeling Understood

Feeling Cherished

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Friendship

Healthy Lifestyle

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Commitment to Staying Together

Integrity

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Spirituality

Acceptance

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Tranquility/Peacefulness

Not Feeling Rejected

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Not Feeling Lonely

Not Feeling Fear

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Emotional Needs

Closeness/Connectedness

Honesty

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Trust

Additional Emotional Needs Not Listed Above:

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