

EMOTIONAL NEEDS

Rank each Emotional Need from most important to least important according to what you need to be satisfied in your relationship (write "1" before the most important need, "2" before the next most important, and so on until you have ranked all 10). Below each need, provide two concrete examples of how your partner could meet that need specifically.

Affection

Example 1: _____

Example 2: _____

Sexual Fulfillment

Example 1: _____

Example 2: _____

Conversation

Example 1: _____

Example 2: _____

Recreational Companionship

Example 1: _____

Example 2: _____

Honesty and Openness

Example 1: _____

Example 2: _____

An Attractive Spouse

Example 1: _____

Example 2: _____

Financial Support

Example 1: _____

Example 2: _____

Domestic Support

Example 1: _____

Example 2: _____

Family Commitment

Example 1: _____

Example 2: _____

Admiration

Example 1: _____

Example 2: _____