



Emotional Needs Inventory

Rate your top five needs using “1” for the most important to “5” for your fifth most important need. You may need to refer to the definitions on page 113. Do the same for your spouse and then discuss the results with them. This is a great opportunity to discover what yours and your spouse’s primary needs are. It is a way to grow in your relationship with each other as you learn about each other’s needs and then seek to meet them.

<i>You</i>		<i>Your Spouse</i>
_____	<i>Acceptance</i>	_____
_____	<i>Admiration</i>	_____
_____	<i>Affection</i>	_____
_____	<i>Appreciation</i>	_____
_____	<i>Approval</i>	_____
_____	<i>Caring</i>	_____
_____	<i>Companionship – Emotional closeness</i>	_____
_____	<i>Companionship – Common interests</i>	_____
_____	<i>Devotion</i>	_____
_____	<i>Encouragement</i>	_____
_____	<i>Patience</i>	_____
_____	<i>Physical responsiveness</i>	_____
_____	<i>Respect</i>	_____
_____	<i>Security</i>	_____
_____	<i>Sensitivity</i>	_____
_____	<i>Significance</i>	_____
_____	<i>Spiritual connection</i>	_____
_____	<i>Spiritual intimacy</i>	_____
_____	<i>Support</i>	_____
_____	<i>To be needed</i>	_____
_____	<i>Trust</i>	_____
_____	<i>Trustworthiness</i>	_____
_____	<i>Unconditional love</i>	_____
_____	<i>Understanding</i>	_____