

Marriage: His Needs, Her Needs

What are your top 3 or 4 needs? Don't base your answers on what you are currently not receiving. Base your answers on what makes you feel most loved and what makes you the most frustrated when it does not happen. Share and discuss with your spouse.

- 1. Need for Affection.** A craving to receive nonsexual expressions of care symbolizing security, protection, and comfort, which may include words, cards, gifts, hugs, kisses, and courtesies.

A. Indicate how much you crave affection by circling the appropriate number.

0	1	2	3	4	5	6
I have no need for affection		I have a moderate need for affection			I have a great need for affection	

- 2. Need for Sexual Fulfillment.** A craving to engage in an enjoyable sexual experience.

A. Indicate how much you crave sexual fulfillment by circling the appropriate number.

0	1	2	3	4	5	6
I have no need for sexual fulfillment		I have a moderate need for sexual fulfillment			I have a great need for sexual fulfillment	

- 3. Need for Intimate Conversation.** A craving to share feelings, personal experiences, topics of personal interest, opinions, and plans with another person.

A. Indicate how much you crave intimate conversation by circling the appropriate number.

0	1	2	3	4	5	6
I have no need for conversation		I have a moderate need for conversation			I have a great need for conversation	

- 4. Need for Recreational Companionship.** A craving to engage in recreational activities with at least one other person.

A. Indicate how much you crave recreational companionship by circling the appropriate number.

0	1	2	3	4	5	6
I have no need for recreational companionship		I have a moderate need for recreational companionship			I have a great need for recreational companionship	

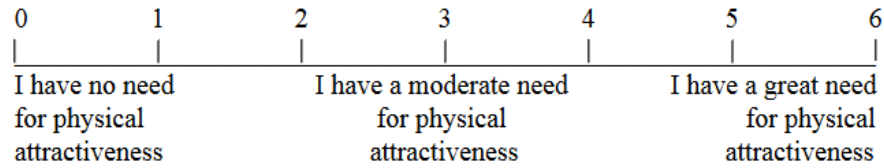
- 5. Need for Honesty and Openness.** A craving to receive truthful and frank information from someone about positive and negative feelings, events of the past, daily events and schedule, and plans for the future; not leaving a false impression.

A. Indicate how much you crave honesty and openness by circling the appropriate number.

0	1	2	3	4	5	6
I have no need for honesty and openness		I have a moderate need for honesty and openness			I have a great need for honesty and openness	

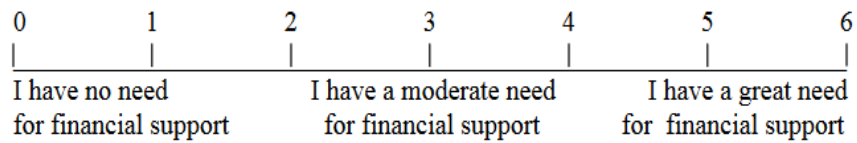
6. **Need for Physical Attractiveness.** A craving to observe someone whose physical appearance is aesthetically and/or sexually pleasing to you.

A. Indicate how much you crave physical attractiveness by circling the appropriate number.



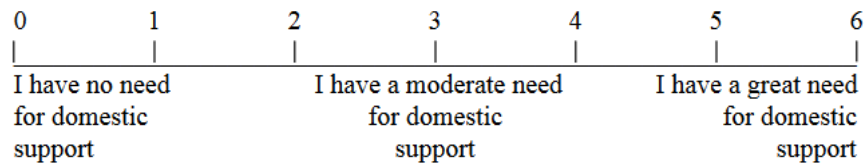
7. **Need for Financial Support.** A craving to receive help with financial resources to house, feed, and clothe your family.

A. Indicate how much you crave financial support by circling the appropriate number.



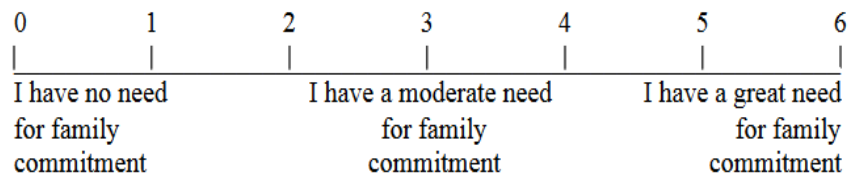
8. **Need for Domestic Support.** A craving to receive help with household tasks and care of the children (if any are at home).

A. Indicate how much you crave domestic support by circling the appropriate number.



9. **Need for Family Commitment.** A craving to receive help with the moral and educational development of your children within the family unit.

A. Indicate how much you crave family commitment by circling the appropriate number:



10. **Need of Admiration.** A craving to be shown respect, value, and appreciation.

A. Indicate how much you crave admiration by circling the appropriate number.

