

Emotional Needs Introduction

If you're not fulfilled in your marriage, it's probably because your emotional needs are not being met. And because your needs are not being met, it's possible that you are refusing to meet your spouse's need. It's a vicious cycle that leaves everyone unhappy.

In many relationships, it's impossible for people to get their needs met. Not because their spouse doesn't want to meet their needs, but because they don't always know how to tell them what they need in a way their spouse can understand.

For instance, a wife may tell her husband that she wants affection. But, because he didn't grow up in a touchy-feely home, he may be hesitant to ask all the right questions to figure out what she wants. Asking the obvious questions can be embarrassing. After all, a grown man is supposed to know there is a difference between affection and sex. Though he may know the basics, he may not know specifically what she wants. And even if he does know what she wants, he may not understand how important it is to her, so he may neglect to do it.

But suppose he musters the courage to ask her what she wants. One of two things happen. She either implies that he should already know what she wants, so she doesn't respond. Or she makes affection sound so intimidating that he's doubts he can ever make her happy.

What if she says, "I want you to wine and dine me like my friend's husband, roll out the red carpet each time I walk into the room, touch me in a non-sexual way, and surprise me on a regular basis.

Not only does he have to translate "red carpet," "non-sexual touch," and "surprises." He has to remember when to do these things and plan the small details connected to each one. It feels intimidating because he doesn't know where to begin. She needs to define the specific terms and give him baby steps to take.

3 Rules to remember in order to get your needs met:

1. You must know what they are.
2. You must be willing to communicate them on a specific, basic level.
3. You must be willing to be honest and vulnerable.

2 Rules to remember in order to meet your spouse's need:

1. Don't have to understand them, but you must accept them.
2. Your response can include compromise and negotiation, but there should never be a hard-nosed "no," if you want a happy marriage.

The emotional needs questionnaire on the next page was taken from Dr. Williard Harley's book: *His Needs, Her Needs*. Use it to determine what's most important to you and your spouse.

EMOTIONAL NEEDS QUESTIONNAIRE presented by PreparingToLove.com

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Name _____ Date _____

Directions: This questionnaire is designed to help you determine your most important emotional needs in section A, and indicate your satisfaction with how those needs are currently being met by your spouse in section B. Answer all the questions as candidly as possible. Do not try to minimize any needs that you feel have been unmet. If your answers require more space use and attach a separate sheet of paper.

Your spouse should complete a separate Emotional Needs Questionnaire so that you can discover his or her needs and evaluate your effectiveness in meeting those needs.

When you have completed this questionnaire, go through it a second time to be certain your answers accurately reflect your feelings. Do not erase your original answers, but cross them out lightly so that your spouse can see the corrections and discuss them with you.

The final page of this questionnaire asks you to identify and rank five of the ten needs in order of their importance to you. The most important emotional needs are those that give you the most pleasure when met and the most frustration when unmet. Resist the temptation to identify as most important only those needs that your spouse is not presently meeting. Include *all* your emotional needs in your consideration of those that are most important.

You have the permission of the publisher to photocopy the questionnaire for use in your own marriage.

EMOTIONAL NEEDS QUESTIONNAIRE

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	

How often would you like to receive affection?

_____ (write number) times each day/week/month (circle one).

When you receive affection that often, how do you feel? (Circle the appropriate letter.)

- | | |
|-------------------|---------------------------------|
| a. Very happy | c. Neither happy nor unhappy |
| b. Somewhat happy | d. Unhappy to receive affection |

When you do not receive affection that often, how do you feel? (Circle the appropriate letter.)

- | | |
|---------------------|-----------------------------------|
| a. Very unhappy | c. Neither happy nor unhappy |
| b. Somewhat unhappy | d. Happy not to receive affection |

- B. Indicate your satisfaction with spouse's affection toward you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely Dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

My spouse gives me all the affection I need. Yes No

I like the way my spouse gives me affection. Yes No

If your answer is no, in which of the following aspects of affection would you like to see improvement from your spouse? (Circle the letters that apply.)

- | | |
|-------------------------------|-----------------------|
| a. Words (e.g., "I love you") | e. Courtesies |
| b. Gifts/Cards/flowers | f. Help with problems |
| c. Touch (e.g., back rub) | g. Tone of voice |
| d. Hugs/kisses | h. Other _____ |

If you circled any of these aspects, explain how your need for affection could be better satisfied in your marriage. What specific aspects of affection are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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		I have a moderate need			I have a great need	
for sexual fulfillment		for sexual fulfillment			for sexual fulfillment	

How often would you like to engage in sexual fulfillment?

_____ (write number) times each day/week/month (circle one).

When you engage in sexual fulfillment that often, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to engage in sexual fulfillment

When you do not engage in sexual fulfillment that often, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to engage in sexual fulfillment

B. Indicate your satisfaction with your spouse's sexual fulfillment with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither			I am extremely	
dissatisfied		satisfied nor dissatisfied			satisfied	

My spouse engages in sexual fulfillment with me as often as I need. Yes No

I like the way my spouse engages in sexual fulfillment with me. Yes No

If your answer is no, in which of the following aspects of sexual fulfillment would you like to see improvement with your spouse? (Circle the letters that apply.)

- a. Understand each other's sexual response
- b. Learn to bring out the best of that response in both of us
- c. Create a mutually satisfying and enjoyable sexual experience
- d. Time: _____ (write number) minutes for each sexual experience
- e. Other _____

If you circled any of these aspects, explain how your need for sexual fulfillment could be better satisfied in your marriage. What specific aspects of sexual fulfillment are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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	

How often would you like to engage in intimate conversation?

_____ (write number) times each day/week/month (circle one).

When you engage in intimate conversation that often, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to engage in intimate conversation

When you do not engage in intimate conversation that often, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to engage in intimate conversation

B. Indicate your satisfaction with your spouse's intimate conversation with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

My spouse engages in intimate conversation with me as often as I need. Yes No

I like the way my spouse engages in intimate conversation with me. Yes No

If your answer is no, in which of the following aspects of intimate conversation would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Use conversation to get-to-know
- b. Develop interest in favorite topics
- c. Balance conversation
- d. Give undivided attention
- e. Avoid demands and judgments
- f. Avoid angry outbursts
- g. Avoid dwelling on mistakes
- h. Time of day for conversation
- i. Amount of time for conversation
- j. Other: _____

If you circled any of the above, explain how your need for intimate conversation could be better satisfied in your marriage. What specific aspects of intimate conversation are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

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	

How often do you like to engage in recreational companionship?

_____ (write number) times each day/week/month (circle one).

When you engage in recreational companionship that often, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to engage in recreational companionship

When you do not engage in recreational companionship that often, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to engage in recreational companionship

B. Indicate your satisfaction with your spouse's recreational companionship with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

My spouse engages in recreational companionship with me as often as I need. Yes No

I like the way my spouse engages in recreational companionship with me. Yes No

If your answer is no, in which of the following aspects of recreational companionship would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Identify mutually enjoyable recreational activities
- b. Develop proficiency/skill in mutually enjoyable recreational activities
- c. Total Time: _____ (write number) hours each day/week/month (circle one)
- d. Other _____

If you circled any of the above, explain how your need for recreational companionship could be better satisfied in your marriage. What specific aspects of recreational companionship are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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	

When someone is honest and open with you, how do you feel? (Circle the appropriate letter.)

- | | |
|-------------------|--|
| a. Very happy | c. Neither happy nor unhappy |
| b. Somewhat happy | d. Unhappy when someone is honest and open |

When someone is not honest and open with you, how do you feel? (Circle the appropriate letter.)

- | | |
|---------------------|--|
| a. Very unhappy | c. Neither happy nor unhappy |
| b. Somewhat unhappy | d. Happy when someone is not honest and open |

B. Indicate your satisfaction with your spouse's honesty and openness by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

If you are not satisfied, in which of the following aspects of honesty and openness would you like to see improvement from your spouse? (Circle the letters that apply.)

- Share positive and negative emotional reactions to significant aspects of life
- Share information regarding personal history
- Share information about daily activities
- Share information about future schedule and plans
- Other _____

If you circled any of the above, explain how your need for honesty and openness could be better satisfied in your marriage. What aspects of honesty and openness are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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.

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

When you observe someone who is physically attractive, how do you feel? (Circle the appropriate letter.)

- | | |
|-------------------|--|
| a. Very happy | c. Neither happy nor unhappy |
| b. Somewhat happy | d. Unhappy when observing someone attractive |

When you do not have an opportunity to observe someone who is physically attractive, how do you feel? (Circle the appropriate letter.)

- | | |
|---------------------|--|
| a. Very unhappy | c. Neither happy nor unhappy |
| b. Somewhat unhappy | d. Happy not to observe someone attractive |

- B. Indicate your satisfaction with your spouse's physical attractiveness by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

If you are not satisfied, in which of the following aspects of physical attractiveness would you like to see improvement from your spouse? (Circle the letters that apply.)

- | | |
|--------------------------------|---------------------|
| a. Physical fitness and weight | e. Physical hygiene |
| b. Clothing style | f. Facial makeup |
| c. Hairstyle | g. Tone of voice |
| d. Fragrance | h. Other _____ |

If you circled any of the above, explain how your need for physical attractiveness could be better satisfied in your marriage. What specific aspects of physical attractiveness are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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.

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

If you crave financial support, how much financial support do you need? (Circle the appropriate letter.)

- a. 100% b. 75% c. 50% d. 25% e. 0%

When you receive the financial support you need, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy
b. Somewhat happy d. Unhappy to receive financially support

When you do not receive the financial support you need, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy
b. Somewhat unhappy d. Happy not to receive financial support

B. Indicate your satisfaction with your spouse's financial support by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither			I am extremely	
dissatisfied		satisfied nor dissatisfied			satisfied	

If you are not satisfied, in which of the following aspects of financial support would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Salary d. Work hours
b. Work travel e. Choice of career
c. Family budget f. Other _____

If you circled any of the above, explain how your need for financial support could be better satisfied in your marriage. What specific aspects of financial support are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

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.

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

If you crave domestic support, how much domestic support do you need? (Circle the appropriate letter.)

- a. 100% b. 75% c. 50% d. 25% e. 0%

When you receive the domestic support you need, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy
b. Somewhat happy d. Unhappy to receive domestic support

When you do not receive the domestic support you need, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy
b. Somewhat unhappy d. Happy not to receive domestic support

B. Indicate your satisfaction with your spouse's domestic support by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither			I am extremely	
dissatisfied		satisfied nor dissatisfied			satisfied	

If you are not satisfied, which of the following aspects of domestic support would you like to see improvement from your spouse? (Circle the letters that apply.)

- | | |
|-----------------------|---------------------------|
| a. House cleaning | e. Household maintenance |
| b. Laundry/ironing | f. Cooking/washing dishes |
| c. Household shopping | g. Family calendar |
| d. Childcare | h. Other _____ |

If you circled any of the above, explain how your need for domestic support could be better satisfied in your marriage. What specific aspects of domestic support are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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:

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

When you receive family commitment, how do you feel? (Circle the appropriate letter.)

- | | |
|-------------------|---|
| a. Very happy | c. Neither happy nor unhappy |
| b. Somewhat happy | d. Unhappy to receive family commitment |

When you do not receive family commitment, how do you feel? (Circle the appropriate letter.)

- | | |
|---------------------|---|
| a. Very unhappy | c. Neither happy nor unhappy |
| b. Somewhat unhappy | d. Happy not to receive family commitment |

B. Indicate your satisfaction with your spouse's family commitment by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

If you are not satisfied, in which of the following aspects of family commitment would you like to see improvement from your spouse? (Circle the letters that apply.)

- Family time: _____ (write number) hours each day/week (circle one)
- Skills in child-training methods to develop shared values
- Mutually acceptable disciplinary actions
- Family outings: _____ (write number) outings each day/week/month (circle one)
- Help with homework/education
- Other _____

If you circled any of the above, explain how your need for family commitment could be better satisfied in your marriage. What specific aspects of family commitment are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

EMOTIONAL NEEDS QUESTIONNAIRE

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.

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

How often would you like to be admired?

_____ (write number) times each day/week/month (circle one).

When you are admired that often, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to be admired

When you are not admired that often, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to be admired

B. Indicate your satisfaction with your spouse's admiration toward you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

My spouse gives me all the admiration I need. Yes No

I like the way my spouse admires me. Yes No

If your answer is no, in which of the following aspects of admiration would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Be appreciated more than anyone else
- b. Receive admiration while in the presence of others
- c. Receive texts or writing notes with admiring expressions
- d. Other: _____

If you circled any of the above, explain how your need for admiration could be better satisfied in your marriage. What specific aspects of admiration are the most meaningful to you? (Use an extra sheet of paper, if necessary.)

Ranking Your Emotional Needs

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your happiness.

In the space provided before each need, write a number from 1 to 5 that ranks the need's importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, and so on until you have ranked your five most important needs.

To help you rank these needs, imagine that you will have only one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be 1. If only two needs will be met, what would your second selection be? Which five needs, when met, would make you the happiest?

_____	Affection
_____	Sexual Fulfillment
_____	Intimate Conversation
_____	Recreational Companionship
_____	Physical Attractiveness
_____	Honesty and Openness
_____	Financial Support
_____	Domestic Support
_____	Family Commitment
_____	Admiration
_____	_____
_____	_____