

Instructions for the Relationship Needs Worksheet:

The following is a general list of relationship needs. Go through the list and check off the ones that are important to you and then check off what you believe are important to your partner. Then rank yours and what you believe are your partner's 5 highest needs. Then go ahead and discuss with your partner your guesses and assumptions and then take a little while to clarify each of your top 5 needs

Emotional Needs	Mine	Partner
To be told that I am loved	<input type="checkbox"/>	<input type="checkbox"/>
To be told, that I am valued and a vital part of my partner's life	<input type="checkbox"/>	<input type="checkbox"/>
To have a sense of belonging to and with my partner	<input type="checkbox"/>	<input type="checkbox"/>
To be respected as an individual	<input type="checkbox"/>	<input type="checkbox"/>
To be needed for other than the role and tasks I perform	<input type="checkbox"/>	<input type="checkbox"/>
To know that I am a priority in my partner's life	<input type="checkbox"/>	<input type="checkbox"/>
To know that I am special, above everyone else in my partner's life	<input type="checkbox"/>	<input type="checkbox"/>
To feel that my partner is proud to call me his or her own	<input type="checkbox"/>	<input type="checkbox"/>
To be trusted as a responsible partner	<input type="checkbox"/>	<input type="checkbox"/>
To feel that my partner would choose me again	<input type="checkbox"/>	<input type="checkbox"/>
To know that I am and can be forgiven for my transgressions, flaws and inadequacies	<input type="checkbox"/>	<input type="checkbox"/>
To be accepted—flaws, fallacies and all	<input type="checkbox"/>	<input type="checkbox"/>
To know that my partner and I are, above all else, close and trusted friends	<input type="checkbox"/>	<input type="checkbox"/>
To be desired and desirable	<input type="checkbox"/>	<input type="checkbox"/>
To be appreciated for who and what I am and do	<input type="checkbox"/>	<input type="checkbox"/>
To have passion between me and my partner	<input type="checkbox"/>	<input type="checkbox"/>

Physical Needs	Mine	Partner
To be touched and caressed	<input type="checkbox"/>	<input type="checkbox"/>
To be kissed, even if casually	<input type="checkbox"/>	<input type="checkbox"/>
To be hugged or held	<input type="checkbox"/>	<input type="checkbox"/>
To know that I am welcomed in my partner's personal space	<input type="checkbox"/>	<input type="checkbox"/>
To be physically welcomed when encountering my partner	<input type="checkbox"/>	<input type="checkbox"/>

To know that I am part of a couple when interacting with the world	<input type="checkbox"/>	<input type="checkbox"/>
To be encouraged and welcomed by non-verbal communications	<input type="checkbox"/>	<input type="checkbox"/>
Tenderness	<input type="checkbox"/>	<input type="checkbox"/>
To have a satisfying and rewarding sexual life	<input type="checkbox"/>	<input type="checkbox"/>

Spiritual Needs

Mine Partner

To know that my personal spiritual values are supported without judgement	<input type="checkbox"/>	<input type="checkbox"/>
To feel that my partner respects my spiritual needs	<input type="checkbox"/>	<input type="checkbox"/>
To share a spiritual life, even if that spiritual life is experienced differently by my partner	<input type="checkbox"/>	<input type="checkbox"/>
To know and feel that my individual beliefs and differences are respected, if not shared	<input type="checkbox"/>	<input type="checkbox"/>

Social Needs

Mine Partner

To be remembered with calls and acknowledgements when apart	<input type="checkbox"/>	<input type="checkbox"/>
That my partner will plan and structure his or her activities to include me	<input type="checkbox"/>	<input type="checkbox"/>
That social activities are shared rather than experienced individually	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate tenderness and support when in public	<input type="checkbox"/>	<input type="checkbox"/>
To be encouraged and supported physically and emotionally when in public	<input type="checkbox"/>	<input type="checkbox"/>
To hear sweet things in a social environment	<input type="checkbox"/>	<input type="checkbox"/>
To be encouraged and supported in social situations	<input type="checkbox"/>	<input type="checkbox"/>
To be treated with politeness and regard in social situations	<input type="checkbox"/>	<input type="checkbox"/>
To share fun and joy in social situations	<input type="checkbox"/>	<input type="checkbox"/>
To be connected with my partner	<input type="checkbox"/>	<input type="checkbox"/>
To share joy and laughter	<input type="checkbox"/>	<input type="checkbox"/>
To feel that I am the most important person in my partner's life when in a crowded, busy social environment	<input type="checkbox"/>	<input type="checkbox"/>

Security Needs

Mine Partner

To know that my partner will stand by me in times of distress or conflict	<input type="checkbox"/>	<input type="checkbox"/>
That my partner will rally to my aid if needed	<input type="checkbox"/>	<input type="checkbox"/>

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| To have input and control with regard to the emotional aspects of our relationship | <input type="checkbox"/> | <input type="checkbox"/> |
| To be supported by my partner | <input type="checkbox"/> | <input type="checkbox"/> |
| To know that my partner is loyal and committed | <input type="checkbox"/> | <input type="checkbox"/> |
| To know that my relationship will not be put at risk and hang in the balance because of disagreements and confrontations | <input type="checkbox"/> | <input type="checkbox"/> |
| To know that my partner is 100% committed | <input type="checkbox"/> | <input type="checkbox"/> |
| To know that my partner is there for me in times of third party conflicts and problems | <input type="checkbox"/> | <input type="checkbox"/> |
| To know that my partner is a safe and soft place to fall into. | <input type="checkbox"/> | <input type="checkbox"/> |