**EMOTIONAL NEEDS QUESTIONNAIRE**

This questionnaire is designed to help you determine your most important emotional needs. 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 partner 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 partner can see the corrections and discuss them with you. Some sections have been omitted for protection at this stage of your relationship.

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.

1. Indicate how much you crave affection by marking 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 affection for affection for affection

How often would you like to receive affection? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (type number) times each day week month.

. Indicate your satisfaction with spouse’s affection toward you by marking the appropriate number.

0 1 2 3 4 5 6

1. My boyfriend/girlfriend gives me the appropriate amount of affection I need Yes/No

I like the affection that my boyfriend/girlfriend gives me Yes/No

If the answer is No, in which of the following aspects of affection would you like to see improvement from your partner? (Check all that applies)

Words \_\_\_ Gifts\_\_\_\_ Hugs/Kisses \_\_\_ Help with problems \_\_\_\_

Courtesies \_\_\_\_ Tone of Voice \_\_\_\_ Other \_\_\_\_

1. Need for intimate conversation. A craving to share feelings, personal experiences, topics of personal interest, opinions, and plans with another person.

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

0\_\_\_ 1\_\_\_ 2\_\_\_ 3\_\_\_ 4\_\_\_ 5\_\_\_ 6\_\_\_

Do you feel that you can speak with your partner about the intimate things of your heart/thoughts?

Yes/No

What does that look like for you?

Balance conversation ­­\_\_\_ Avoid dwelling on mistakes\_\_\_ Gives undivided attention\_\_\_

Avoid demands & judgements \_\_\_ Amount of time for conversations \_\_\_

Need for honesty &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.

What’s your level of satisfaction with the honesty and openness in your relationship?

0\_\_\_ 1\_\_\_ 2\_\_\_ 3\_\_\_ 4\_\_\_ 5\_\_\_ 6\_\_\_

Do you feel that you can have spiritual input into your relationship, take and receive input and direction from one another? Y/N

As you grow closer to the ultimate commitment, the practice of praying together and growing spiritually together is the most important part of your relationship.

Physical Attraction- A craving to observe someone whose physical appearance is aesthetically pleasing to you.

Physical/Fitness \_\_\_ Physical Hygiene \_\_\_ Clothing style \_\_\_ Facial Makeup \_\_\_

Hairstyle \_\_\_ Fragrance \_\_\_ Dental Hygiene \_\_\_

If you checked any of the above, explain how your need for physical attractiveness could be better satisfied in your relationship. What specific aspects of physical attractiveness are the most meaningful to you?

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

 My partner gives and shows me admiration Y/N (Circle)

What does admiration look like for you?

* + Be appreciated more than anyone else
	+ Receive admiration while in the presence of others
	+ Receive texts or writing notes with admiring expressions

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 relationship/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

\_\_\_\_\_\_\_Spiritual Connection

\_\_\_\_\_\_\_Family Commitment Admiration