

What are these needs? What do they look like? Sound like?

Ten Intimacy Needs

You		Spouse
	Acceptance: Receiving another person willingly and unconditionally when the other's behavior has been imperfect. Being willing to continue loving another in spite of offenses. (Romans 15:7)	
	Affection: Expressing care and closeness through physical touch: saying "I love you". (Romans 16:16; Mark 10:16)	
	Appreciation: Expressing thanks, praise or commendation. Recognizing accomplishment or effort. (Colossians 3:15b; I Corinthians 11:2)	
	Approval (Blessing): Building up or affirming another; affirming both the fact of and the importance of a relationship. (Ephesians 4:29; Mark 1:11)	
	Attention: Conveying appropriate interest, concern and care; taking thought of another; entering another's "world". (I Corinthians 12:25)	
	Comfort: Responding to a hurting person with words, feelings, and touch; to hurt with and or another's grief or pain. (Romans 12:15b; Matthew 5:4; 2 Corinthians 1:3-4; John 11:35)	
	Encouragement: Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (I Thessalonians 5:11; Hebrews 10:24)	
	Respect: Valuing and regarding another highly; treating another as important; honoring another (Romans 12:10)	
	Security (Peace): Harmony in relationships; freedom from fear or threat of harm. (Romans 12:16, 18)	
	Support: Coming alongside and gently helping with a problem or struggle; providing appropriate assistance. (Galatians 6:2)	

Think now about the three needs you consider most important in your relationship with your spouse. Which needs have gone unmet? Which of these do you need most right now? Once you have decided what those needs are, spend some time identifying how you would most like those needs to be met. Be specific. Read the examples below before responding.

My Needs

Affection, Attention

Encouragement, Support

Comfort

Attention, Respect

Acceptance, Appreciation

How My Future Spouse Can Meet Them

Call me unexpectedly just to say you love me; prepare me for sex; hold and kiss me as you leave in the morning.

Pray with me even silently when I'm in a crisis; sees my potential in specific situations and praise me in front of the kids.

Hold me and sometimes just let me cry; feel my hurt and gently reassure me that you care and love me.

Talk for a few minutes each evening and enter into conversation about my day; plan, initiate and enjoy fun times, dates and surprises.

Allow me to make mistakes with the kids and not me in front of them; avoid teasing me about my shortcomings – protect me instead; give me ten times more appreciation than you do constructive criticism.

Now write down your own three main needs and give examples of how your partner could meet them. Use the space below.

1. Need:

2. Need:

3. Need: