



Emotional Needs Questionnaire

This questionnaire is designed to help you determine your most important emotional needs. 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 frustrate you when unmet. Resist the temptation to identify as most important only those needs that are not presently being met.

1. Affection (the expression of love in words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses love).

Indicate how much you need 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. Sexual Fulfillment (a sexual experience that brings out a predictably enjoyable sexual response that is frequent enough for you).

Indicate how much you need 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. Conversation (talking about events of the day, personal feelings, and plans for the future; showing interest in your favorite topics of conversation; balancing conversation; using it to inform, investigate, and understand you; and giving you undivided attention).

Indicate how much you need 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. Recreational Companionship (developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities).

Indicate how much you need 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. Honesty and Openness (revealing positive and negative feelings, events of the past, daily events and schedule, plans for the future; not leaving a false impression; answering questions truthfully and completely).

Indicate how much you need honesty 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. An Attractive Spouse (keeping physically fit with diet and exercise, wearing hair and clothing in a way that you find attractive and tasteful).

Indicate how much you need an attractive spouse by circling the appropriate number:

0 1 2 3 4 5 6

I have no need
for an attractive
spouse

I have a moderate need
for an attractive
spouse

I have a great need
for an attractive
spouse

7. Financial Support (the provision of financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you).

Indicate how much you need financial support by circling the appropriate number:

0 1 2 3 4 5 6

I have no need
for financial support

I have a moderate need
for financial support

I have a great need
for financial support

8. Domestic Support (creation of a home environment for you that offers a refuge from the stresses of life; management of the home and care of the children - if any are at home - including but not limited to cooking meals, washing dishes, washing and ironing clothes, housecleaning).

Indicate how much you need domestic support by circling the appropriate number:

0 1 2 3 4 5 6

I have no need
for domestic
support

I have a moderate need
for domestic
support

I have a great need
for domestic
support

9. Family Commitment (scheduling sufficient time and energy for the moral and educational development of your children; reading to them, taking them on frequent outings, developing the skill in appropriate child-training methods and discussing those methods with you; avoiding any child-training methods or disciplinary action that does not have your enthusiastic support).

Indicate how much you need family commitment by circling the appropriate number:

0 1 2 3 4 5 6

I have no need
for family
commitment

I have a moderate need
for family
commitment

I have a great need
for family
commitment

10. Admiration (respecting, valuing and appreciating you clearly and often).

Indicate how much you need 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

Ranking of Your Emotional Needs

The ten basic emotional needs are listed below. In the space provided in front of each need, write a number from 1 to 5 that ranks the need's importance to your happiness. Write a "1" beside the most important need, a "2" beside the next most important, and so on until you have ranked all five.

To help you rank these needs, imagine that you will only have 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 would be met, what would your second selection be? Which five needs, when met, would make you the happiest?

- _____ Affection
- _____ Sexual Fulfillment
- _____ Conversation
- _____ Recreational Companionship
- _____ Honesty and Openness
- _____ An Attractive Spouse
- _____ Financial Support
- _____ Domestic Support
- _____ Family Commitment
- _____ Admiration