

THE NEEDS OF A RELATIONSHIP

Emotional needs:

1. The need to feel and be told that you are loved.
2. The need to feel and be told that you are valued and a vital part of your partner's life.
3. The need to feel a sense of belonging to and with your partner.
4. The need to feel respected as an individual.
5. The need to feel needed for other than tasks you perform, such as provided money, cooking etc.
6. The need to feel that you are a priority in your partner's life.
7. The need to feel special, above everyone else in your partner's life.
8. The need to feel that your partner is proud to call you his or her own.
9. The need to feel you are trusted as a responsible partner.
10. The need to feel that your partner would choose you again.
11. The need to feel that you have and can be forgiven for transgressions and flaws.
12. The need to feel accepted flaws, fallacies and all.
13. The need to feel that you and your partner are, above all else, close and trusted friends.
14. A need to feel desired.
15. The need to feel appreciated for who and what you are and do.
16. The need to feel passion between you and your relationship partner.

Physical Needs:

1. The need to be touched and caressed.
2. The need to be kissed, even if casually.
3. The need to be hugged and held.
4. The need to feel that you are welcome in your partner's personal space.
5. The need to be physically welcome when encountering your partner.
6. The need to feel that you are part of a couple, when interacting with the world.
7. The need to feel encouraged and welcomed by non-verbal communication.
8. The need for tenderness.
9. The need for a satisfying and rewarding sexual life.

Spiritual Needs:

1. The need to feel that your personal spiritual values are supported without judgment.
2. The need to feel that your partner respects your spiritual needs.
3. The need to share a spiritual life, even if that spiritual life is experienced differently by you and your partner.
4. The need to know and feel that your individual beliefs and differences are respected, if not shared.