

Personal Needs Identification

Each of us has come to recognize certain areas of NEED in our lives. Each of these needs is seen on a different level of importance as to their fulfillment. Identity with these needs is helpful to knowing self and helpful to the relationship with a loving, concerned spouse. It must be noted that these needs change or the degree of importance may change. Only good spouse communication can make this known and frustration and resentment be avoided.

After each statement below circle the number which best expresses how you feel about the need expressed in the statement. (1- least important, 4- most important)

Preface each statement with, "I FEEL A NEED..."

After each response – in brackets- place a plus (+) if you believe your partner is meeting this need, a minus (-) if your partner is not knowing of the need or not meeting the need.

"I FEEL A NEED....	Response	Met
1- ...to know that I am trusted for my decisions.	1- 2- 3- 4-	()
2- ...to be told that I am loved, especially by my spouse.	1- 2- 3- 4-	()
3- ...to be accepted even if I made a mistake.	1- 2- 3- 4-	()
4- ...to be encouraged in my efforts at home.	1- 2- 3- 4-	()
5- ...to be complimented on occasion.	1- 2- 3- 4-	()
6- ...to be expressively forgiven when I say, "I am sorry."	1- 2- 3- 4-	()
7- ...to be asked forgiveness when I am hurt.	1- 2- 3- 4-	()
8- ...to win in every disagreement.	1- 2- 3- 4-	()
9- ...to be part of family planning.	1- 2- 3- 4-	()
10- ...to be told the truth about everything.	1- 2- 3- 4-	()
11- ...to freely express my thought without fear of being laughed at or put down in anger.	1- 2- 3- 4-	()
12- ...to know the other person is listening to me.	1- 2- 3- 4-	()
13- ...to learn to trust others.	1- 2- 3- 4-	()
14- ...to learn how to listen to others.	1- 2- 3- 4-	()
15- ...for more patience with those around me.	1- 2- 3- 4-	()
16- ...for kindnesses to me.	1- 2- 3- 4-	()
17- ...to be more kind to others.	1- 2- 3- 4-	()
18- ...to be admired, especially by my spouse.	1- 2- 3- 4-	()
19- ...to be shown affection, especially through touch.	1- 2- 3- 4-	()
20- ...to show affection through physical expression.	1- 2- 3- 4-	()
21- ...to express myself sexually.	1- 2- 3- 4-	()
22- ...to possess many material goods in life.	1- 2- 3- 4-	()
23- ...to be able to read more.	1- 2- 3- 4-	()
24- ...to have more friends outside of the family.	1- 2- 3- 4-	()
25- ...to go out more for entertainment.	1- 2- 3- 4-	()
26- ...to do things as a family.	1- 2- 3- 4-	()
27- ... to be able to go out more with my friends.	1- 2- 3- 4-	()
28- ...to get involved in social matters.	1- 2- 3- 4-	()
29- ...to participate in outdoor activities.	1- 2- 3- 4-	()
30- ...to be with my spouse more.	1- 2- 3- 4-	()
31- ...to be myself.	1- 2- 3- 4-	()
32- ...to be alone.	1- 2- 3- 4-	()
33- ...for more laughter in our home.	1- 2- 3- 4-	()
34- ...for economic security.	1- 2- 3- 4-	()
35- ...for religious beliefs and values.	1- 2- 3- 4-	()
36- ...for greater cooperation, especially at home.	1- 2- 3- 4-	()
37- ...for children.	1- 2- 3- 4-	()
38- ...for creative activities.	1- 2- 3- 4-	()
39- ...for greater fulfillment as a person.	1- 2- 3- 4-	()
40- ...to be able to cry.	1- 2- 3- 4-	()
41- ...to learn to see the joys in life.	1- 2- 3- 4-	()
42- ...to handle my depression.	1- 2- 3- 4-	()
43- ...to learn how to handle criticism.	1- 2- 3- 4-	()