

YOUR THREE KEY NEEDS

Generally speaking there are two or three relational or “intimacy” needs that are a higher priority to us than the others. This is often because those particular needs may not have been fully met during our growing up years. This may have left us acutely aware of some unmet needs.

To help you identify your priority needs, we have prepared the list of the top ten relational needs and their definitions below. A circle is on either side, one for yourself and the other for your spouse, or if single, your journey-mate. Review the definitions and pick three needs which seem the most important to you, by placing an X beside each need. Identify those of your own needs first.

Once you have completed the need list for yourself, go back through and try to identify what seems to be your partner’s three most important needs.

Yourself

Your Partner

ACCEPTANCE – Deliberate and ready reception with a favorable, positive response (Rom 15:7).

AFFECTION – Communicating care and closeness through physical touch and living words (Rom 16:16).

APPRECIATION (praise) – Communicating personal gratefulness with words and feelings (1 Cor 11:2).

APPROVAL – Expressed commendation; thinking and speaking well of (Rom 14:18).

ATTENTION (care) – Taking thought of another and conveying interest and support; entering into another’s world (Acts 27:3).

ENCOURAGEMENT – Urging forward and persuading toward a goal (1 Thess 5:11 and Heb 10:24).

RESPECT (honor) – valuing and regarding highly; conveying great worth (Rom 12:10).

SECURITY (peace) – Confidence of harmony in relationships; freedom from harm (2 Thess 3:16).

COMFORT – To give strength and hope, to ease grief or pain, to console, and to cheer (2 Cor 1:3-4).

SUPPORT (bear burdens) – To come alongside and help carry a problem or struggle (Gal 6:2).

Compare your list with your partner and reflect on what you selected as your needs and those of your partner. Then answer the following questions and discuss them with your partner.

1. Describe how your father and or mother received your three most important needs during your growing up years.

Are the things you received from your parent(s) still important to you? If so, in what ways?

2. Describe how your father and or mother issues your three most important needs during your growing up years.

3. Are the things you missed from your parent(s) still important to you? If so, in what way?

Now come together with your partner to share what you've discovered about yourself. Compare your lists. Identify and confirm with each other what your three key needs are and list them below.

My 3 key needs:

1. _____
2. _____
3. _____

My partner's 3 key needs:

1. _____
2. _____
3. _____

Discuss together ways you each may have tried unsuccessfully to get those needs met in your relationship. Share openly what happens when those needs are not met.

Commit to each other that by God's grace you will be more in tune with God's heart as you participate in His ministry of meeting your partner's needs.