



Can You Guess Your Partner's Top 3 Relational Needs?

Read through the descriptions of each need. Choose 3 that you think are your partner's top needs, then choose the 3 that indicate *your* top 3. Have fun comparing notes.

YOU PARTNER

- ACCEPTANCE:** You may feel it's important for someone to like you, even though you might be a little different from them. In your relationships, it's important that others don't try to change you or fix you. It may also mean that you need someone to express love, even when you mess up. You need the freedom that you will be given a second chance. You might especially like to hear words like: I love you just the way you are! I'm glad I'm your friend even when you mess up.
- AFFECTION:** You might especially feel loved when others give you hugs, kisses, or pats on the back. You might really like it when someone puts their arm around you or sits close to you. This might also mean that you like to hear words such as: You're really special! I love you. You mean the world to me. I care about you.
- APPROVAL:** You feel especially loved when others brag on you or speak well of you. You like to be acknowledged for the kind of person you are, not just the things you do. You might also like it when someone affirms your character or says how proud they are to be in a relationship with you. You might especially like to hear words like: I'm proud of you! You have such a kind and generous heart.
- APPRECIATION:** You like it when someone recognizes your accomplishment or effort—especially noticing the things you have done and shares their thanks. You might especially like to receive certificates, medals, or trophies that represent your contribution or accomplishment. You might feel loved when you hear things like: You did a terrific job! Thank you for working hard and pitching in with the project. You played a great game last night!
- ATTENTION:** You really like it when someone calls just to say they were thinking about you or wants to spend time with you. You likely feel loved by individual, undivided listening and when someone makes a special effort to get to know you and your needs. You might also feel loved when someone attends your event, does the things that you like to do or enters your "world." You may like to hear words like: Tell me about your day. How did your test go? What would you like to do this weekend?



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- COMFORT:** When you are hurting, it is very important that others respond to you with words, feelings, and a gentle touch. You might feel loved when others put their arm around you if you're feeling sad. You may like it when loved ones sit quietly beside you and are just "with you" during a difficult time. You might even feel cared for when someone cries with you. You might like to hear these words: I'm sad for you. I'm so sorry that you are going through this. I know you are really disappointed. I feel a lot of compassion for you...
- ENCOURAGEMENT:** You like it when others cheer you on towards a goal. You might feel especially loved when someone calls to inspire you on your big day, or gives you a note expressing their belief in you. You might love it when a friend or loved one sends a text that says, "You can do it!" Or you might enjoy hearing words such as these: I know you can make it! Don't give up, keep at it. I believe in you. You've got this!
- RESPECT:** It is particularly important for others to communicate that they value you, your ideas, opinions and even your schedule. You might like to be given the freedom to do a job in your own way or for others to listen to you without interrupting. It's likely very important for others to check in with you before making plans that affect you. You may also feel it's essential that others use an appropriate tone of voice with you and apologize if they've done something to hurt you. You may enjoy hearing words like: I'd like to hear your ideas. What do you prefer? I was wrong. Will you forgive me?
- SECURITY:** It is likely very important for you to experience safety and trust. It may be especially important that there are no threats and no aspects of harm in your relationships or your environment. You feel loved when someone consistently provides for your needs, is dependable, keeps their promises and doesn't lose their temper with you. You might like to hear words such as: I'm here for you. We're going to work this out. I'm going to keep my promise to you.
- SUPPORT:** You feel loved when someone comes alongside you and provides gentle, appropriate help with a problem or struggle. It means that you like it when others help you with a big project, teach you how to do something or are willing to do the hard things together. You might especially like to hear these words: I'll be glad to help you. Just let me know. Would you like to try the first step together? How can I pitch in?

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