

What Do I Need Out of a Relationship?

Everyone has different values, wants, beliefs, and ideas of what should happen in their life to make them happy; these are our needs. Thinking of being in an intimate relationship (marriage, common-law, dating, etc), list two of your needs in each of the following categories.

Physical Needs (These types of needs refer to touching, physical space, health and interactions. Examples include: wanting to hold hands at home on the couch, but not in public; wanting your partner and yourself to attend at yearly medical check-ups; not having sex on Sundays; etc)

1. _____
2. _____

Emotional Needs (These needs refer to the types of emotional support we require, and things that we do not want to talk about. Examples include: not digging up past relationships with a new partner; being able to talk about things that bother you; receiving a daily compliment; etc.)

1. _____
2. _____

Relational Needs (These needs refer to you and your partner's interactions directly. Examples include: spending at least one evening together every week with no television to have conversations; having a weekly date night; being able to spend some time apart; etc.)

1. _____
2. _____

Spiritual Needs (This category relates directly to your worldview. Examples include: being able to practice your religion freely; being able to participate in the activities that make you happy; etc)

1. _____
2. _____

Anything else that is important to you?

1. _____
2. _____
3. _____
4. _____
5. _____

On a scale of 1 to 10, how comfortable would you be sharing this completed worksheet with your partner?

<i>You must be kidding...</i>	<i>Maybe</i>	<i>Very comfortable</i>
1 2 3 4 5 6 7 8 9 10		