

From His Needs, Her Needs by W. Harley, Jr.: *Because men try to meet needs most important to men and women try to meet needs most important to women, a couple can easily become confused and fail to meet each other's real needs. When the best efforts of man and woman are unappreciated and their own needs are not met, they often give up trying. If they had only directed their efforts in the right places, they would have been effective and appreciated. These are ten of the most important needs in marriage. All of these categories may not apply to your marriage, but they can help you begin a discussion with your spouse to identify the needs you should learn to meet. On the line next to each need, place a number from 1 to 5 in the order of importance for you.*

A man's five most important needs in marriage tend to be:

_____ **Admiration (Respect)**. She understands and appreciates him more than anyone else. She reminds him of his value and achievements and helps him maintain self-confidence. She is proud of him, not out of duty, but from a profound respect for the man she chose to marry.

_____ **Domestic Support**. She creates a home that offers him a refuge from the stresses of life. She manages household responsibilities in a way that encourages him to spend time at home enjoying his family.

_____ **Physical attractiveness**. She keeps herself physically fit. She wears her hair, makeup and clothes in a way that is attractive and tasteful. He is attracted to her in private and proud of her in public.

_____ **Recreational companionship**. She develops an interest in the recreational activities he enjoys most and tries to become proficient at them. If she finds she cannot enjoy them, she encourages him to consider other activities they can enjoy together. She becomes his favorite recreational companion, and he associates her with his most enjoyable moments of relaxation.

_____ **Sexual fulfillment**. His wife meets this need by becoming a terrific sexual partner. She studies her own sexual response to recognize and understand what brings out the best in her; then she shares this information with him, and together they learn to have a sexual relationship that both find repeatedly satisfying and enjoyable.

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A woman's five most important needs in marriage tend to be:

_____ **Affection.** Her husband tells her that he loves her with words, cards, flowers, gifts and common courtesies. He hugs and kisses her often, creating an environment of affection that clearly and repeatedly expresses his love for her.

_____ **Conversation.** He sets aside time every day to talk to her. They may talk about events in their lives, their children, their feelings, or their plans. Whatever the topic, she enjoys the conversation because it is never judgmental, always informative and constructive. She talks to him as much as she would like, and he responds with interest. He is never too busy "to just talk."

_____ **Honesty and openness.** He tells her everything about himself, leaving nothing out that might later surprise her. He describes his positive and negative feelings, events of his past, his daily schedule and his plans for the future. He never leaves her with a false impression and is truthful about his thoughts, feelings, intentions, and behavior.

_____ **Financial support.** He assumes the responsibility to house, feed, and clothe his family. If his income is insufficient to provide essential support, he resolves the problem. He does not keep himself from his wife and family, but is able to provide necessary support by working a forty to forty-five hour week. While he encourages his wife to pursue a career, he does not depend on her salary for family living expenses.

_____ **Family commitment.** He commits sufficient time and energy to the moral and educational development of his children. He reads to them, engages in sports with them, and takes them on frequent outings. He reads books and attends lectures with her on the subject of child development so that they will do a good job training them. He and she discuss training methods and objectives until they agree. He does not proceed with any plan of training or discipline without her approval. He recognizes that his care of the children is critically important to her.