

TOP 10 INTIMACY NEEDS

Look over the list of ten intimacy needs. Rank in order your needs on the left-hand column under "myself." Next, rank the needs the way you think your spouse will rank them on the right under "my spouse." Finally, identify what each need looks like behaviorally.

Myself

My Spouse

Acceptance – deliberate and ready reception with a favorable, positive response. (**Romans 14:1, 15:7**)

Complete this statement – “My spouse accepts me by...”

Affection – to communicate care and closeness through physical touch. (**Romans 16:16, 1 Corinthians 16:20, Philippians 1:8, 1 Thessalonians 2:8, 1 Peter 5:14**)

How would you define affection?

Appreciation – to communicate with words and feelings a personal gratefulness for another. (**1 Corinthians 11:2, Ephesians 1:15, 16; Philippians 1:3, 4; 1 Thessalonians 5:12**)

Complete this statement – “I feel most appreciated by my spouse when...”

Approval – expressed commendation; to think and speak well of. (**John 12:42-43; Romans 14:18; 2 Timothy 2:15; 1 Peter 2:12**)

Complete this statement – “The person whose approval means the most to me is...”

Attention – to take thought of another and convey appropriate interest and support; to enter into another’s “world.” (**Proverbs 4:20, Proverbs 27:23, 1 Corinthians 12:20-26, 1 Timothy 4:16**)

Complete this statement – “Paying attention is a struggle for me when...”

Myself

My Spouse

_____ **Comfort** (empathy) – to come alongside with word, feeling, and touch; to give consolation with tenderness. (**Ruth 2:13, Job 2:11, Matthew 5:4, Romans 12:15, 2 Corinthians 1:3, 4**) _____

Complete this statement – “I most need comfort from my spouse when...”

_____ **Encouragement** – to urge forward and positively persuade toward a goal. (**Romans 14:19, Romans 15:2,4, 1 Thessalonians 5:11, Hebrews 10:24, 25**) _____

Agree or Disagree – It comes easy for me to encourage my spouse. Explain your answer.

_____ **Respect** – to value and regard highly; to convey great worth. (**Romans 12:10, 17, Ephesians 5:33, Philippians 2:3, 4**) _____

Complete this statement – “I feel most respected when...”

_____ **Security** – confidence of harmony in relationships; free from harm. (**Romans 12:16a, Romans 15:5, 2 Corinthians 13:11, Philippians 2:2, 1 Peter 3:8**) _____

Complete this statement – “I am most secure when...”

_____ **Support** – come alongside and gently help carry a load. (**2 Chronicles 16:9, Acts 20:35, Galatians 6:2, 1 Thessalonians 5:14**) _____

Complete this statement – “I appreciate how my spouse supports me by...”