

Name \_\_\_\_\_ M F

### RANKING OF YOUR EMOTIONAL NEEDS

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness.

In the space provided before each need, write a number from 1 to 5 that ranks the need's importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, and so on until you have ranked your five most important needs.

To help you rank these needs, imagine that you will have only one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be 1. If only two needs will be met, what would your second selection be? Which five needs, when met, would make you the happiest?

\_\_\_\_\_ Affection

\_\_\_\_\_ Sexual Fulfillment

\_\_\_\_\_ Conversation

\_\_\_\_\_ Recreational Companionship

\_\_\_\_\_ Honesty and Openness

\_\_\_\_\_ Attractiveness of Spouse

\_\_\_\_\_ Financial Support

\_\_\_\_\_ Domestic Support

\_\_\_\_\_ Family Commitment

\_\_\_\_\_ Admiration

\_\_\_\_\_

\_\_\_\_\_