

# Couples Needs Assessment



This exercise will help identify the top relational needs that you would like to receive from your partner, and discover your partners relational needs. Use this exercise to guide a dialogue that leads to a deeper understanding of each other, and how you can best meet each others needs within your relationship.

## The Assignment

Print 2 copies of this exercise; one for you, one for your partner. Check the top 3 needs that are most important to you, and then check the top 3 needs that you believe are most important to your partner. Once completed, discuss your results with your partner. What is the rationale of why you chose your top 3, and what you believe to be their top 3. Share examples. Keep this discussion positive. The objective is to better understand each other needs and identify if an adjustment in your behavior or communication might strengthen the relationship. Stay in a positive mindset, do not judge or criticize.

My Needs	<b>RELATIONSHIP NEEDS</b>	My Partners Needs
	<p style="text-align: center;"><b>ACCEPTANCE</b></p> <p style="text-align: center;">Receiving information good or bad, with compassion, love and consideration. No matter what I share with my partner, I feel heard and loved.</p>	
	<p style="text-align: center;"><b>AFFECTION</b></p> <p style="text-align: center;">My partner shows me they care about me through physical touch.</p>	
	<p style="text-align: center;"><b>APPRECIATION</b></p> <p style="text-align: center;">My partner expresses gratitude for my presence in their life, and for what I contribute to the relationship.</p>	
	<p style="text-align: center;"><b>APPROVAL</b></p> <p style="text-align: center;">My partner communicates praise and speaks highly of me both privately and publicly.</p>	
	<p style="text-align: center;"><b>ATTENTION</b></p> <p style="text-align: center;">My partner makes me feel like I am a priority and communicates their interest and attraction.</p>	
	<p style="text-align: center;"><b>EMPATHY</b></p> <p style="text-align: center;">My partner comforts and consoles me when I need kind words or affection.</p>	
	<p style="text-align: center;"><b>ENCOURAGEMENT</b></p> <p style="text-align: center;">My partner positively contributes in celebrating and encouraging me to reach my goals.</p>	
	<p style="text-align: center;"><b>RESPECT</b></p> <p style="text-align: center;">My partner knows my worth, values me, and treats me accordingly.</p>	
	<p style="text-align: center;"><b>SECURITY</b></p> <p style="text-align: center;">My partner gives me the confidence that this relationship will be free from any physical or emotional harm or misconduct.</p>	
	<p style="text-align: center;"><b>SUPPORT</b></p> <p style="text-align: center;">My partner willingly and proactively helps me carry the burden of everyday life (finances, planning, home management/chores, raising children, family obligations – however you define this category).</p>	