



Christian Counseling
Equipping People for Life...

TOP TEN 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 "spouse." Finally, identify what each need looks like behaviorally. It is important when you use a word that you mean the same thing demonstrated by your behavior.

MYSELF

SPOUSE

- | | | |
|-------|--|-------|
| _____ | Acceptance - deliberate and ready reception with favorable positive response (Rom. 15:7) | _____ |
| _____ | Affection - to communicate care and closeness through physical touch (Rom. 16:16) | _____ |
| _____ | Appreciation - to communicate with words and feelings a personal gratefulness for another (1 Cor. 11:2) | _____ |
| _____ | Approval - to think and speak well of (Rom. 14:18) | _____ |
| _____ | Attention - to take thought of another and convey interest and support; to enter into another's world (I Cor. 12:25) | _____ |
| _____ | Comfort (empathy) - to come alongside with word, feeling, and touch; to give consolation with tenderness (Rom. 12:15) | _____ |
| _____ | Encouragement - to urge forward and positively persuade toward a goal (I Thess. 5:11, Heb. 10:24) | _____ |
| _____ | Respect - to value and regard highly; to convey great worth (Phil. 2:4) | _____ |
| _____ | Security - confidence of harmony in relationships; free from harm (Rom. 12:16a) | _____ |
| _____ | Support - come alongside and gently help carry a load (Gal. 6:2) | _____ |

Adapted from Intimate Life Materials, Austin, TX.
For more information on Intimate Life Materials call 1-800-881-8008.