

RELATIONALLY, I NEED...

NEED
-EXAMPLE

SURVIVAL & SAFETY

- Commitment to financial agreements.
- Softened communication during disagreements.
- Physical & emotional safety in daily interactions.

SKIN CONTACT

- Kisses and hugs for greetings and farewells.
- Loving touches and cuddles more often.
- Moments of physical closeness in public.

ATTENTION, MIRRORING, & LISTENING

- Genuine interest when I verbally say something.
- Eye contact and engagement in conversations.
- A summary of my perspective, without fixing.
- You to sit with me when I am sad or lonely.

ACCEPTANCE & BEING REAL

- To hear 'I love you,' and specific compliments.
- Validation during disagreements / differences.
- Honest sharing of feelings and thoughts.
- A non-judgemental space to be ourselves.

GUIDANCE & PARTICIPATION

- Input in making life and future decisions.
- Active involvement in family events.
- Shared responsibilities for household / planning.

TO GRIEVE, GROW, & NURTURE

- Understanding during hard times and loss.
- Space for healing and self-improvement.
- Commitment to continued self-awareness.
- Daily moments of tenderness and warmth.

ACCOMPLISHMENT & SUPPORT

- Celebration of achievements.
- Encouragement to pursue personal goals.
- To feel empowered in specific areas of life.

LOYALTY & TRUST

- Honoring relationship agreements and fidelity.
- Balance between work and family time.
- Promises to be kept through actions.

TRANSCENDANCE & SPIRITUALITY

- To bond through awe-inspiring endeavors.
- A sense of purpose beyond individual self.
- Non-judgmental expression of beliefs.
- Deepening connection with community.

HEALTHY SEXUALITY

- Prioritizing and initiating sex and eroticism.
- Open communication about desires / fantasies.
- A focus on pleasure / connection / freedom.
- To know when you find me irresistible.
- Encouragement of my sexuality and gender.

PLAY & FUN

- To explore places together and shake up routine.
- To enjoy shared activities, sports, or projects.
- To share more laughter and humor.
- To spend less time on tech and more in nature.

FREEDOM

- Personal time for solitude.
- Time to pursue individual interests and goals.
- Quality time with family and friends.