

Identifying the Most Important Emotional Needs:

When your most important emotional needs are met by your partner, he/she deposits the greatest possible number of love units into your “love bank” and then you will experience romantic love toward your partner. The same is true for your partner. When you meet your partner’s most important emotional needs, your partner will experience romantic love for you.

You are the only one who can truly identify your most important needs for your partner. Only you know what your partner can do to give you the most loved feelings possible. Enclosed are some forms designed to help you identify and then communicate your emotional needs to your partner. In turn this includes your partner communicating his or her needs to you as well.

The enclosed questionnaires may help you and your partner to identify each of your most important emotional needs. It will help you identify where you are missing and where you can improve and to do it with each other working on it together. When you have both completed your section of this questionnaire, you will have identified for yourself and each other your five (5) most important emotional needs, and you will have ranked them according to the pleasure each of you receives when these needs are met. The needs rated highest give you the most pleasure and deposit the most love units when they are met. There is some space provided to help you write down your feelings about these needs. In order to understand these needs better, I am available to work with the two of you. My fifty years experience has shown me you can learn to meet your partner’s five most important emotional needs over and over again and your partner can learn to meet yours, even though they change somewhat from time to time. In order to get a handle on these most important emotional needs between you and your partner, complete these two questionnaires and then give me a call and I will work with you to realize their accomplishment and the renewal of your relationship.

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