

Marriage Recovery Admiration

If you have the need for **admiration**, you may have fallen in love with your partner partly because of his or her complements to you. Some people just love to be told that they are appreciated. Your partner may also have been careful not to criticize you because criticism may hurt you deeply if you have this need.

Many of us have a deep desire to be respected, valued and appreciated by our partner. We need to be affirmed clearly and often. There's nothing wrong with feeling that way. Even God wants us to appreciate Him.

Appreciation is one of the easiest needs to meet. Just a word of appreciation, and presto, you've just made somebody's day. On the other hand, it's also easy to be critical. A trivial word of rebuke can set some people on their heels, ruining their day and withdrawing love units at an alarming rate.

Your partner may have the power to build-up or deplete his or her account in your heart with just a few words of admiration or criticism. If you can be affected that easily, be sure to add admiration to your list of important emotional needs.