

Emotional Needs Questionnaire

1. Affection

Showing love through words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses love

a. **Need for affection** – indicate how much you need affection by circling the appropriate number

0	1	2	3	4	5	6
I have no need For affection			I have a moderate need for affection			I have a great need for affection

i. If or when your spouse is *not* affectionate with you, how do you feel?

- a) Very unhappy
- b) Somewhat unhappy
- c) Neither happy nor unhappy
- d) Happy not to be shown affection

ii. If or when your spouse is affectionate to you, how do you feel?

- a) Very happy
- b) Somewhat happy
- c) Neither happy nor unhappy
- d) Unhappy to be shown affection

b. **Evaluation of spouse's affection** – indicate your satisfaction with your spouse's affection toward you by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied			I am neither satisfied nor dissatisfied			I am extremely satisfied

i. My spouse give me all the affection I need Yes No

ii. If your answer is "No" how often would you like your spouse to be affectionate with you?
 _____ times each day / week / month (circle one)

iii. I like the way my spouse gives me affection Yes No

iv. If your answer is "No" explain how your need for affection could be better satisfied in your marriage

Emotional Needs Questionnaire

2. Sexual Fulfillment

A sexual relationship that brings out a predictably enjoyable sexual response in both of you that is frequent enough for both of you

- a. **Need for sexual fulfillment** – indicate how much you need sexual fulfillment by circling the appropriate number

0	1	2	3	4	5	6
I have no need for sexual fulfillment		I have a moderate need for sexual fulfillment			I have a great need for sexual fulfillment	

- i. If or when your spouse is *not* willing to engage in sexual relations with you, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy not to engage in sexual relations
- ii. If or when your spouse engages in sexual relations with you, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy to engage in sexual relations

- b. **Evaluation of sexual relations with your spouse** – indicate your satisfaction with your spouse’s sexual relations with you by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

- i. My spouse has sexual relations with me as often as I need Yes No

- ii. If your answer is “No” how often would you like your spouse to have sex with you?
_____ times each day / week / month (circle one)

- iii. I like the way my spouse has sexual relations with me Yes No

- iv. If your answer is “No” explain how your need for sexual fulfillment could be better satisfied in your marriage

Emotional Needs Questionnaire

3. Conversation

Talking about events of the day, feelings, and plans; avoiding angry or judgmental statements or dwelling on past mistakes; showing interest in your favorite topics of conversation; balancing conversation; using it to inform, investigate, and understand you; and giving you undivided attention

a. **Need for conversation** – indicate how much you need conversation by circling the appropriate number

0	1	2	3	4	5	6
I have no need for conversation	I have a moderate need for conversation			I have a great need for conversation		

i. If or when your spouse is *not* willing to talk with you, how do you feel?

- a) Very unhappy
- b) Somewhat unhappy
- c) Neither happy nor unhappy
- d) Happy not to talk

ii. If or when your spouse talks with you, how do you feel?

- a) Very happy
- b) Somewhat happy
- c) Neither happy nor unhappy
- d) Unhappy to talk

b. **Evaluation of spouse's conversation** – indicate your satisfaction with your spouse's conversation with you by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied	I am neither satisfied nor dissatisfied			I am extremely satisfied		

i. My spouse talks to me as often as I need Yes No

ii. If your answer is "No" how often would you like your spouse to talk with you?

_____ times each day / week / month (circle one)
 _____ number of hours each day / week / month (circle one)

iii. I like the way my spouse talks with me Yes No

iv. If your answer is "No" explain how your need for conversation could be better satisfied in your marriage

Emotional Needs Questionnaire

4. Recreational Companionship

Developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities. If any prove to be unpleasant to your spouse after an effort has been made, negotiating new recreational activities that are mutually enjoyable

- a. **Need for recreational companionship** – indicate how much you need recreational companionship by circling the appropriate number

0	1	2	3	4	5	6
I have no need for recreational companionship			I have a moderate need for recreational companionship			I have a great need for recreational companionship

- i. If or when your spouse is *not* willing to join you in recreational activities, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy not to include my spouse

- ii. If or when your spouse joins you in recreational activities, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy to include my spouse

- b. **Evaluation of recreational companionship with your spouse** – indicate your satisfaction with your spouse’s recreational companionship by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied			I am neither satisfied nor dissatisfied			I am extremely satisfied

- i. My spouse joins me in recreational activities as often as I need Yes No

- ii. If your answer is “No” how often would you like your spouse to join you in recreational activities?
 - _____ times each day / week / month (circle one)
 - _____ number of hours each day / week / month (circle one)

- iii. I like the way my spouse joins me in recreational activities Yes No

- iv. If your answer is “No” explain how your need for recreational companionship could be better satisfied in your marriage

Emotional Needs Questionnaire

5. Honesty and Openness

Revealing positive and negative feelings, events of the past, daily events and schedule, plans for the future; not leaving you with a false impression; answering your questions truthfully

- a. **Need for honesty and openness** – indicate how much you need honesty and openness by circling the appropriate number

0	1	2	3	4	5	6
I have no need for honesty and openness		I have a moderate need for honesty and openness			I have a great need for honesty and openness	

- i. If or when your spouse is *not* open and honest with you, how do you feel?

- a) Very unhappy
- b) Somewhat unhappy
- c) Neither happy nor unhappy
- d) Happy that my spouse isn't honest and open

- ii. If or when your spouse is open and honest with you, how do you feel?

- a) Very happy
- b) Somewhat happy
- c) Neither happy nor unhappy
- d) Unhappy that my spouse is honest and open

- b. **Evaluation of spouse's honesty and openness** – indicate your satisfaction with your spouse's honesty and openness by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied	I am neither satisfied nor dissatisfied			I am extremely satisfied		

- i. In which of the following areas of openness and honesty would you like to see improvement from your spouse? (Circle all that apply to you)

- a) Sharing positive and negative emotional reactions to significant aspects of life
- b) Sharing information regarding his/her personal history
- c) Sharing information about his/her daily activities
- d) Sharing information about his/her future schedule and plans

- ii. If you circled any of the above, explain how your need for honesty and openness could be better satisfied in your marriage

Emotional Needs Questionnaire

6. Attractiveness of Spouse

Keeping physically fit with diet and exercise; wearing hair, clothing, and (if female) makeup in a way that you find attractive and tasteful

- a. **Need for an attractive spouse** – indicate how much you need an attractive spouse by circling the appropriate number

0	1	2	3	4	5	6
I have no need for an attractive spouse			I have a moderate need for an attractive spouse			I have a great need for an attractive spouse

- i. If or when your spouse is *not* willing to make the most of his/her physical attractiveness, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy he/she does not make an effort

- ii. If or when your spouse makes the most of his/her physical attractiveness, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy to see he/she makes an effort

- b. **Evaluation of spouse's attractiveness** – indicate your satisfaction with your spouse's attractiveness by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied			I am neither satisfied nor dissatisfied			I am extremely satisfied

- i. In which of the following characteristics of attractiveness would you like to see improvement from your spouse? (Circle the letters that apply)
 - a) Physical fitness and normal weight
 - b) Attractive choice of clothes
 - c) Attractive hair style
 - d) Good physical hygiene
 - e) Attractive facial makeup
 - f) Other _____

- ii. If you circled any of the above, explain how your need for an attractiveness spouse could be better satisfied in your marriage

Emotional Needs Questionnaire

7. Financial Support

Provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you

- a. **Need for financial support** – indicate how much you need financial support by circling the appropriate number

0	1	2	3	4	5	6
I have no need for financial support		I have a moderate need for financial support			I have a great need for financial support	

- i. If or when your spouse is *not* willing to support you financially, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy not to be financially supported

- ii. If or when your spouse supports you financially, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy to be financially supported

- b. **Evaluation of spouse's financial support** – indicate your satisfaction with your spouse's financial support by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied	I am neither satisfied nor dissatisfied			I am extremely satisfied		

- i. How much money would you like your spouse to earn to support you?

- ii. How many hours each week would you like your spouse to work?

- iii. If your spouse is not earning as much as you would like, is not working the hours you would like, does not budget the way you would like, or does not earn an income the way you would like, explain how your need for financial support could be better satisfied in your marriage

Emotional Needs Questionnaire

8. Domestic Support

Creation of a home environment for you that offers a refuge from the stresses of life; managing the home and care of the children – if any are at home – including but not limited to cooking meals, washing dishes, washing and ironing clothes, and housecleaning

- a. **Need for domestic support** – indicate how much you need domestic support by circling the appropriate number

0	1	2	3	4	5	6
I have no need for domestic support			I have a moderate need for domestic support			I have a great need for domestic support

- i. If or when your spouse is *not* willing to provide you with domestic support, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy not to have domestic support

- ii. If or when your spouse provides you with domestic support, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy to have domestic support

- b. **Evaluation of spouse’s domestic support** – indicate your satisfaction with your spouse’s domestic support by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied			I am neither satisfied nor dissatisfied			I am extremely satisfied

- i. My spouse provides me with all the domestic support I need

Yes	No
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- ii. I like the way my spouse provides domestic support

Yes	No
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- iii. If your answer is “No” to either of the above questions, explain how your need for domestic support could be better satisfied in your marriage

Emotional Needs Questionnaire

9. Family Commitment

Scheduling sufficient time and energy for the moral and educational development of your children; reading to them, taking them on frequent outings, educating himself or herself in appropriate child-training methods and discussing those methods with you; avoiding any child-training method or disciplinary action that does not have your enthusiastic support

- a. **Need for an family commitment** – indicate how much you need family commitment by circling the appropriate number

0	1	2	3	4	5	6
I have no need for family commitment			I have a moderate need for family commitment			I have a great need for family commitment

- i. If or when your spouse is *not* willing to provide family commitment, how do you feel?
 - a) Very unhappy
 - b) Somewhat unhappy
 - c) Neither happy nor unhappy
 - d) Happy he/she is not involved

- ii. If or when your spouse provides family commitment, how do you feel?
 - a) Very happy
 - b) Somewhat happy
 - c) Neither happy nor unhappy
 - d) Unhappy he/she is involved in the family

- b. **Evaluation of spouse's family commitment** – indicate your satisfaction with your spouse's family commitment by circling the appropriate number

-3	-2	-1	0	1	2	3
I am extremely dissatisfied			I am neither satisfied nor dissatisfied			I am extremely satisfied

- i. My spouse commits enough time to the family Yes No

- ii. If your answer is "No" how often would you like your spouse to join in family activities?
 - _____ times each day / week / month (circle one)
 - _____ number of hours each day / week / month (circle one)

- iii. I like the way my spouse spends time with the family Yes No

- iv. If your answer is "No" explain how your need for family commitment could be better satisfied in your marriage

Emotional Needs Questionnaire

Ranking of Your Emotional Needs

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness.

In the space provided before each need, write a number from "1" to "5" that ranks the need's importance to your happiness. Write a "1" before the most important need, a "2" before the next most important, and so on until you have ranked the five most important needs.

To help you rank these needs, imagine that you will have only one need met in your marriage. Which would make you the happiest, knowing that all other needs would go unmet? That need should be "1". If only two needs would be met, what would your second selection be? Which five needs, when met, would make you the happiest?

_____	Affection
_____	Sexual Fulfillment
_____	Conversation
_____	Recreational Companionship
_____	Honesty and Openness
_____	Attractiveness of Spouse
_____	Financial Support
_____	Domestic Support
_____	Family Commitment
_____	Admiration
_____	_____
_____	_____
_____	_____