



COACHING to CONNECT

Practical help for productive relationships

Manual

For Sponsor Couples

Jim Merhaut

SAMPLE

Coaching to Connect

6805 S. Palmyra Rd.
Canfield, OH 44406
330-261-1630

info@coachingtoconnect.com

The Top Ten Emotional Needs

Notes...

Dr. Willard Harley is a marriage therapist who has identified ten emotional needs that married couples regularly report as the most important keys to happiness in marriage. The top ten emotional needs in marriage are:

1. Affection
2. Sexual Fulfillment
3. Meaningful Conversation
4. Recreational Companionship
5. Honesty and Openness
6. Physical Attractiveness
7. Financial Support
8. Domestic Support
9. Family Commitment
10. Admiration

While all ten needs are important, some are more important than others. Each couple should discern which needs are most important in their relationship. The process for prioritizing the needs is an individual process. Each person knows what he/she needs most. Before a person can prioritize needs, it is important to understand what they mean.

- Briefly introduce the ten emotional needs.
- Arrange the *Emotional Needs Cards* from Resource 1 on a table with enough space below each card for one of the cards on Resource 2.
- Shuffle the cards from *Resource 2: Emotional Needs Definitions* and give them to the engaged couple.
- Give them time to read through the cards and discuss which definition goes with which need.
- Invite them to arrange the cards from Resource 2 to match the cards from Resource 1. Check their matches and make any necessary corrections.
- Ask each of them to select one need that is very important to them. Encourage them to each select a different one.

- Be prepared to offer a simple example of how your spouse fulfills in your marriage the needs they chose as important to them.

Notes...

Here are the correct matches for the emotional needs matching game:

Affection is the need to know in a physical way that your partner cares for you. Affection includes physical actions/gestures such as hugs, kisses, gifts, smiles, touches that are non-sexual in nature, but given the right context, they can easily escalate into a sexual experience....

SAMPLE