

A Gift for Couples...

“Understanding Your **Current** Emotional Needs”

- **What similarities do you have?** Similarities support harmony.
- **Differences are opportunities** for growth, and sources of potential humor, issues (challenges), and passion.

EMOTIONAL NEEDS

Love & Connection | Significance | Certainty | Variety | Growth | Contribution

Prioritize Your Current EMOTIONAL NEEDS	Your Partner's Current EMOTIONAL NEEDS
1 _____	1 _____
2 _____	2 _____
3 _____	3 _____
4 _____	4 _____
5 _____	5 _____
6 _____	6 _____

Directions.

- Write one emotional need...per piece of paper.
Post-it notes work great. (Any business-card-size paper works)
- Then make two groups (3 &3) one group “more important” and, the other group “less important”. Finally, prioritize the two groups: (1-2-3) (4-5-6). Then post your prioritized needs on the graphic above.

Learn more. Text Joseph, 1-310-433-0424 for the (video) password, for CoupleJoy.com