

MARRIAGE  
**COURSE**

After “I Do”  
THE COMPLETE GUIDE TO NEWLYWED LIFE

**MODULE 6**

UNDERSTANDING NEEDS



## MAIN IDEA

WHEN BOTH OF YOU ARE FOCUSED ON **MEETING EACH OTHER'S NEEDS**, YOUR MARRIAGE BECOMES **CLOSER, DEEPER AND STRONGER.**

## DEFINING **NEEDS**

**NEED** IS DEFINED AS SOMETHING \_\_\_\_\_ TO HELP ME BE A HEALTHIER VERSION OF MYSELF SO THAT WE CAN HAVE A BETTER \_\_\_\_\_.



## EXAMPLES OF **NEEDS**

We're all different. We have different opinions, different backgrounds, different preferences, different taste buds, different ideas of fashion, different points of view, and yup... you guessed it: *different needs*.

- **Communication**
- **Alone Time**
- **Help around the house**
- **Fun times with you**
- **Physical Affection**
- **Sex**
- **Stability**
- **Emotional Needs**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Tell Me What You Need

## STEP 1: PICK YOUR TOP 3

Each of you, think through (or write down) your **top 3 needs** from the list provided or any that you can think of. *Please don't share with your spouse yet.*

### TOP 3 NEEDS OF

\_\_\_\_\_  
SPOUSE'S NAME

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

### TOP 3 NEEDS OF

\_\_\_\_\_  
SPOUSE'S NAME

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## STEP 2: SHARE YOUR NEEDS

Now, share your top three needs with each other! ***“For us to have the healthiest marriage possible, I need...”*** Write them all down in the space above, for future reference!

## STEP 3: PROCESS THE INFO

It may take some time to really understand how to give your spouse what they need, even if they are super direct and clear as day. Use these questions to dig deeper:

- ♥ How can I best meet your needs?
- ♥ Did you learn anything new about your spouse? If so, what?
- ♥ Were there any needs that we had in common?
- ♥ How will you check in with your spouse to see if their needs are being met?

“ But now we want our partner to still give us all these things, but in addition I want you to be my best friend and my trusted confidant and my passionate lover to boot, and we live twice as long. So we come to one person, and we basically are asking them to give us what once an entire village used to provide.

-ESTHER PEREL

HEALTHY PEOPLE CONTINUE RELATIONSHIPS WITH FRIENDS AND FAMILY. IT'S REALISTIC FOR YOUR SPOUSE TO MEET NEEDS **NOT** \_\_\_\_\_ **YOUR NEEDS.**

## CONCLUSION

RECOGNIZING THE DIFFERENCES THAT YOU AND YOUR SPOUSE HAVE REGARDING YOUR NEEDS AND EXPECTATIONS **ADDS TO THE TAPESTRY OF YOUR RELATIONSHIP.**

### LET'S NOT FORGET:

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