

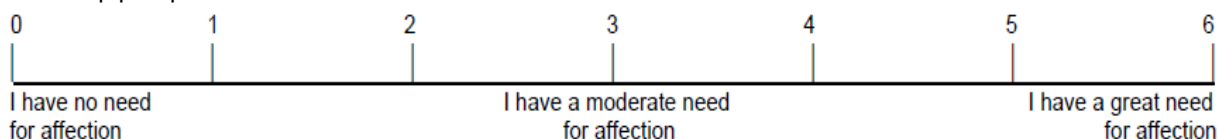


Emotional Needs Questionnaire

All couples that are using this questionnaire must buy the book, Fall in Love Stay in Love by Willard F. Harley, Jr.

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.



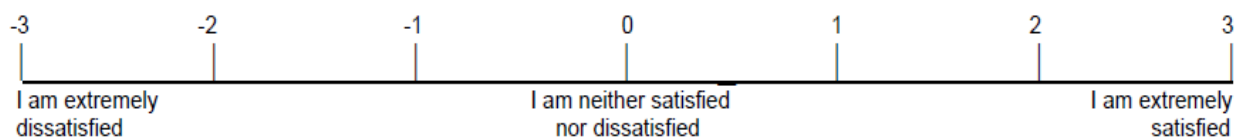
If or when your spouse *is not* affectionate with you, how do you feel?
(Circle the appropriate letter.)

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

If or when your spouse *is* affectionate with you, how do you feel?
(Circle the appropriate letter.)

- 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.



My spouse gives me all the affection I need. Yes No

If your answer is no, how often would you like your spouse to be affectionate with you?

_____ (write number) times each day/week/month (circle one).

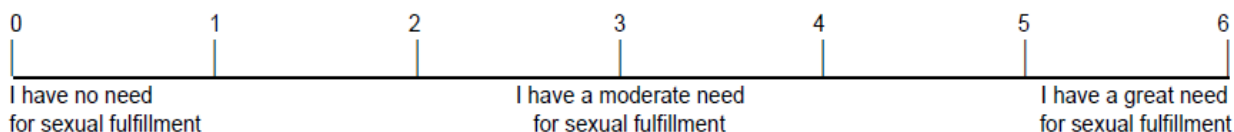


I like the way my spouse gives me affection. Yes No

If your answer is no, explain how your need for affection could be better satisfied in your marriage. _____

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.



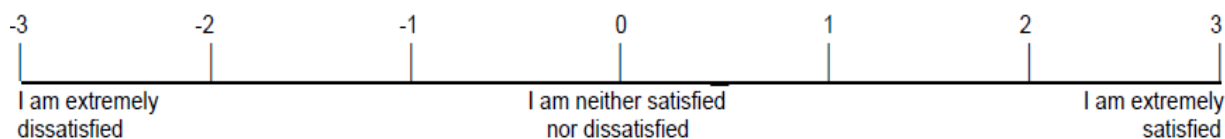
If or when your spouse *is not* willing to engage in sexual relations with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to engage in sexual relations

If or when your spouse engages in sexual relations with you, how do you feel? (Circle the appropriate letter.)

- 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.





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

If your answer is no, how often would you like your spouse to have sex with you?

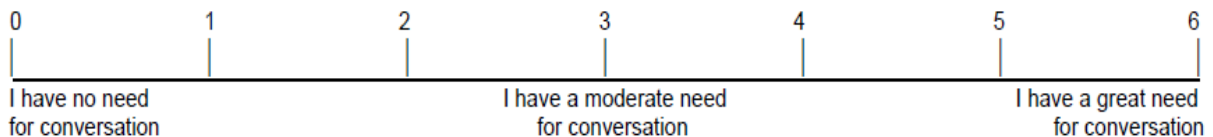
_____ (write number) times each day/week/month (circle one).

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

If your answer is no, explain how your need for sexual fulfillment could be better satisfied in your marriage. _____

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.



If or when your spouse *is not* willing to talk with you, how do you feel? (Circle the appropriate letter.)

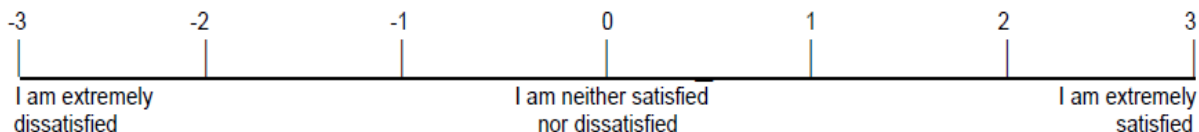
- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to talk

If or when your spouse talks to you, how do you feel? (Circle the appropriate letter.)

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



B. Evaluation of conversation with your spouse: Indicate your satisfaction with your spouse's conversation with you by circling the appropriate number.



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

If your answer is no, how often would you like your spouse to talk to you?

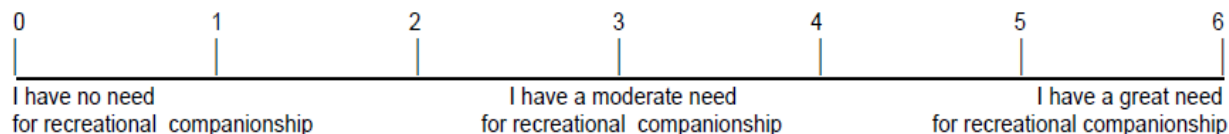
___ (write number) times each day/week/month (circle one).

I like the way my spouse talks to me. Yes No

If your answer is no, explain how your need for conversation could be better satisfied in your marriage. _____

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, negotiate new recreational activities that are mutually enjoyable.

A. Need for recreational companionship: Indicate how much you need recreational companionship by circling the appropriate number.



If or when your spouse *is not* willing to join you in recreational activities, how do you feel? (Circle the appropriate letter.)

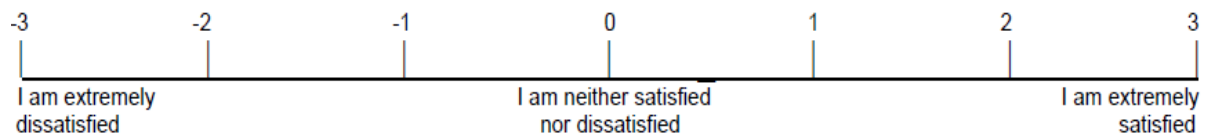
- | | |
|---------------------|-----------------------------------|
| a. Very unhappy | c. Neither happy nor unhappy |
| b. Somewhat unhappy | d. Happy not to include my spouse |



If or when your spouse is recreational active with you, how do you feel?
(Circle the appropriate letter.)

- 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.



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

If your answer is no, how often would you like your spouse to join you in recreational activities?

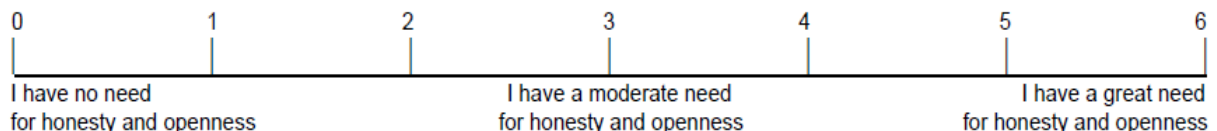
_____ (write number) times each day/week/month (circle one).

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

If your answer is no, explain how your need for recreational companionship could be better satisfied in your marriage. _____

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.





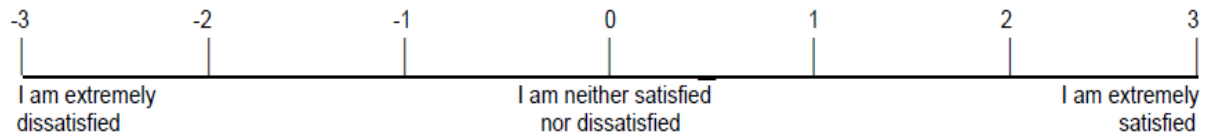
If or when your spouse *is not* open and honest with you, how do you feel?
(Circle the appropriate letter.)

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

If or when your spouse is open and honest with you, how do you feel?
(Circle the appropriate letter.)

- 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.



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

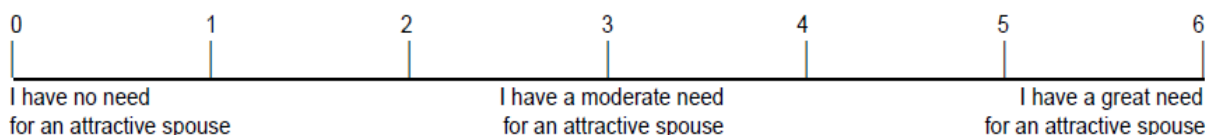
- a. Sharing positive and negative emotional reactions to significant aspects of life
- b. Sharing information regarding his/her personal history
- c. Sharing information about his/her activities
- d. Sharing information about his/her future schedule and plans

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



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 Attractive spouse: Indicate how much you need an attractive spouse by circling the appropriate number.



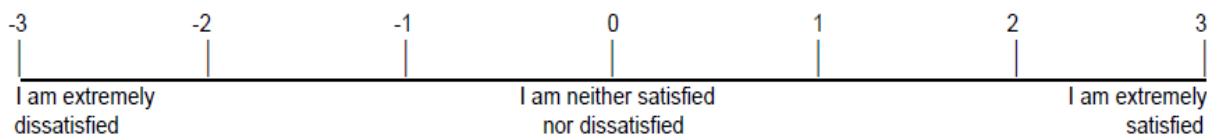
If or when your spouse *is not* willing to make the most of his or her physical attractiveness, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy he or she does not make an effort

When your spouse makes the most of his or her physical attractiveness, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to see that he or she makes an effort

B. Evaluation of spouse's attractiveness: Indicate your satisfaction with your spouse's attractiveness by circling the appropriate number.



In which of the following characteristics of attractiveness would you like to see improvement from your spouse? (Circle the letters that apply.)

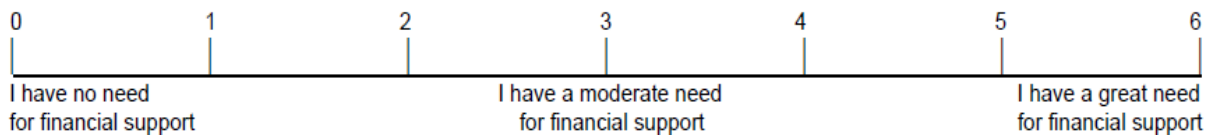
- a. Physical fitness and normal weight
- b. Attractive choice of clothes
- c. Attractive hairstyle
- d. Good physical hygiene
- e. Attractive facial make-up
- f. Other _____

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



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.



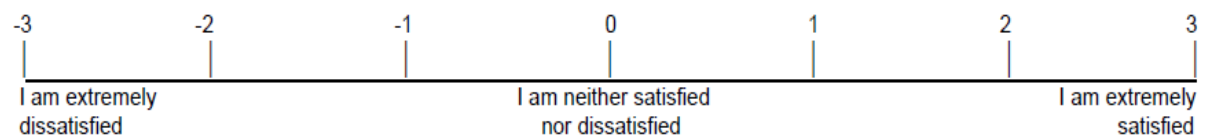
If or when your spouse *is not* willing to support you financially, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to be financially supported

If or when your spouse supports you financially, how do you feel? (Circle the appropriate letter.)

- 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.



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

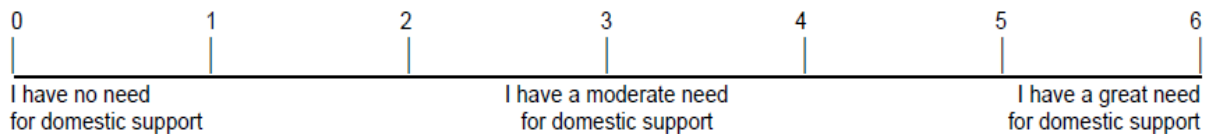
How many hours each week would you like your spouse to work? _____

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. _____



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.



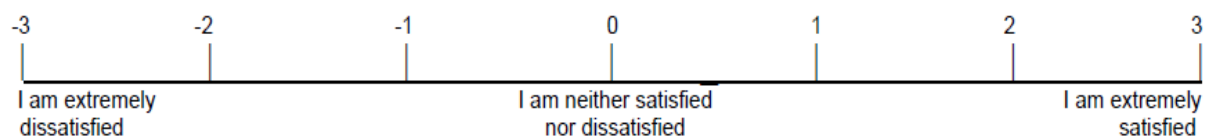
If or when your spouse *is not* willing to provide you with domestic support, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to have domestic support

If or when your spouse provides you with domestic support, how do you feel? (Circle the appropriate letter.)

- 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.



My spouse provides me with all the domestic support I need. Yes No

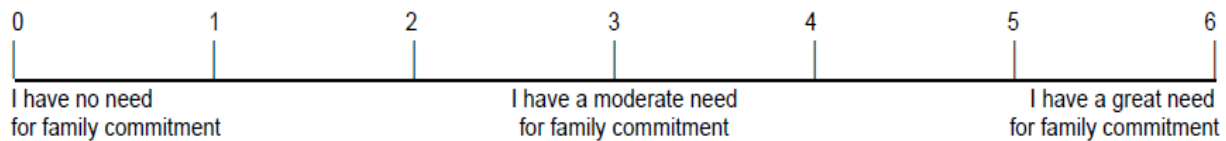
I like the way my spouse provides domestic support. Yes No

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.



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 method or disciplinary action that does not have your enthusiastic support.

A. Need for family commitment: Indicate how much you need family commitment by circling the appropriate number.



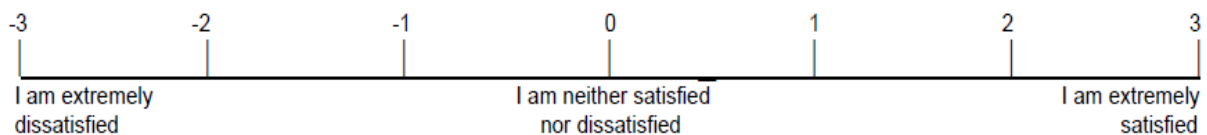
If or when your spouse *is not* willing to provide family commitment, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy he or she is not involved

If or when your spouse provides family commitment, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy family
- c. Neither happy nor unhappy
- d. Unhappy he or she is involved in the

B. Evaluation of spouse's family commitment: Indicate your satisfaction with your spouse's family commitment by circling the appropriate number.



My spouse commits enough time to the family. Yes No

If your answer is no, how often would you like your spouse to join in family activities?

_____ (write number) times each day/week/month (circle one).

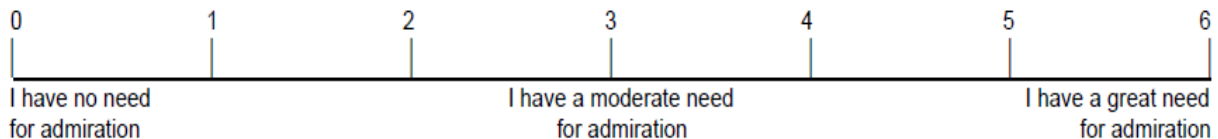
I like the way my spouse spends time with the family. Yes No

If your answer is no, explain how your need for family commitment could be better satisfied in your marriage. _____



10. Admiration. Respecting, valuing, and appreciating you; rarely critical; and expressing admiration to you clearly and often.

A. Need for admiration: Indicate how much you need admiration by circling the appropriate number.



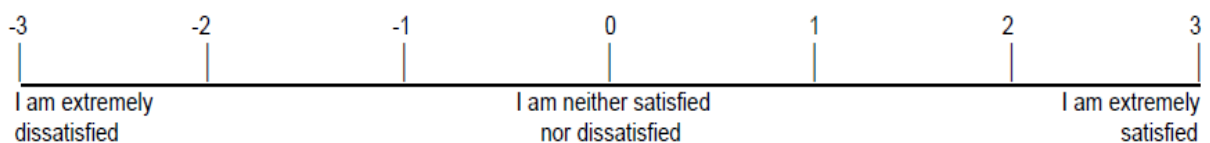
If or when your spouse *does not* admire you, how do you feel?
(Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to be admired

If or when your spouse *does* admire you, how do you feel?
(Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to be admired

B. Evaluation of spouse's admiration: Indicate your satisfaction with your spouse's admiration of you by circling the appropriate number.



My spouse gives me all the admiration I need. Yes No

If your answer is no, how often would you like your spouse to admire you?

___ (write number) times each day/week/month (circle one).

I like the way my spouse admires me. Yes No

If your answer is no, explain how your need for admiration could be better satisfied in your marriage. _____



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 important, and so on until you have ranked your 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 the others would go unmet? That need should be 1. If only two needs will 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
- ____ _____
- ____ _____