

# Emotional Needs Questionnaire

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Name \_\_\_\_\_ Date \_\_\_\_\_

This questionnaire is designed to help you determine your most important emotional needs and evaluate your spouse's effectiveness in meeting those needs. Answer all the questions as candidly as possible. Do not try to minimize any needs that you feel have been unmet. If your answers require more space, use and attach a separate sheet of paper.

Your spouse should complete a separate Emotional Needs Questionnaire so that you can discover his or her needs and evaluate your effectiveness in meeting those needs.

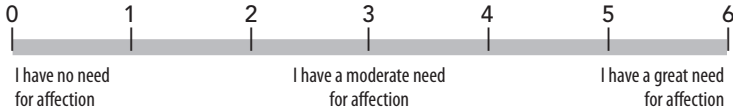
When you have completed this questionnaire, go through it a second time to be certain your answers accurately reflect your feelings. Do not erase your original answers, but cross them out lightly so that your spouse can see the corrections and discuss them with you.

The final page of this questionnaire asks you to identify and rank five of the ten needs in order of their importance to you. The most important emotional needs are those that give you the most pleasure when met and frustrate you the most when unmet. Resist the temptation to identify as most important only those needs that your spouse is *not* presently meeting. Include *all* your emotional needs in your consideration of those that are most important.

You have the permission of the publisher to photocopy the questionnaire for use in your own marriage.

- 1. Affection.** The nonsexual expression of care through words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses care.

- A. Need for affection:** Indicate how much you need affection by circling the appropriate number.



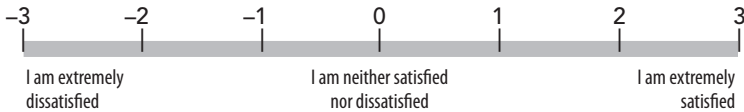
If or when your spouse *is not* affectionate with you, how do you feel? (Circle the appropriate letter.)

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

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

- a. Very happy                      c. Neither happy nor unhappy  
b. Somewhat happy                      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?

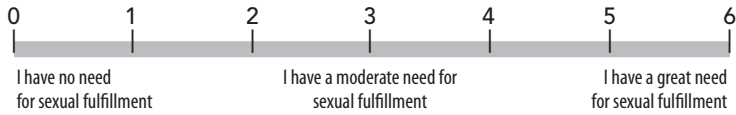
\_\_\_\_\_ (write number) times each day/week/month (circle one).

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 experience that is predictably enjoyable and frequent enough for you.

**A. Need for sexual fulfillment:** Indicate how much you need sexual fulfillment by circling the appropriate number.



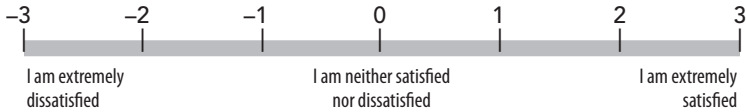
If or when your spouse *is not* willing to engage in sexual relations with you, how do you feel? (Circle the appropriate letter.)

- 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?

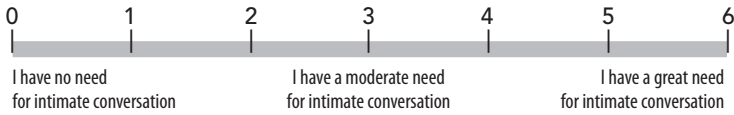
\_\_\_\_\_ (write number) times each day/week/month (circle one).

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. Intimate conversation.** Talking about feelings, topics of personal interest/opinions, and plans.

**A. Need for intimate conversation:** Indicate how much you need intimate conversation by circling the appropriate number.



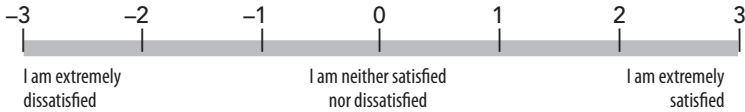
If or when your spouse *is not* willing to talk with you, how do you feel? (Circle the appropriate letter.)

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

**B. Evaluation of intimate conversation with your spouse:** Indicate your satisfaction with your spouse's intimate 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).

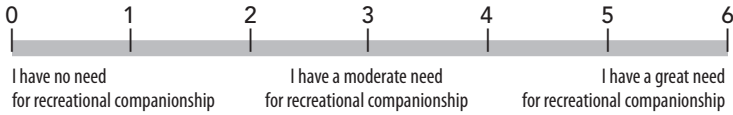
\_\_\_\_\_ (write number) hours each day/week/month (circle one).

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

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

**4. Recreational companionship.** Leisure activities with at least one other person.

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



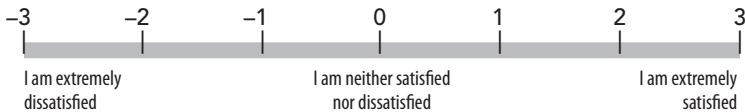
If or when your spouse *is not* willing to join you in recreational activities, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy
- b. Somewhat unhappy
- c. Neither happy nor unhappy
- d. Happy not to have my spouse join me

If or when your spouse joins you in recreational activities, how do you feel? (Circle the appropriate letter.)

- a. Very happy
- b. Somewhat happy
- c. Neither happy nor unhappy
- d. Unhappy to have my spouse join me

**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).

\_\_\_\_\_ (write number) hours 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.** Truthful and frank expression of positive and negative feelings, events of the past, daily events and schedule, and plans for the future; not leaving a false impression.

**A. Need for honesty and openness:** Indicate how much you need honesty and openness by circling the appropriate number.



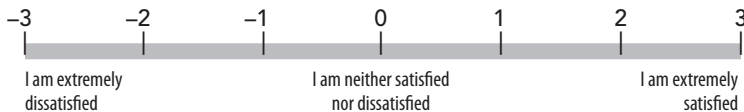
If or when your spouse *is not* open and honest with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy      c. Neither happy nor unhappy
- b. Somewhat 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      c. Neither happy nor unhappy
- b. Somewhat happy      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.



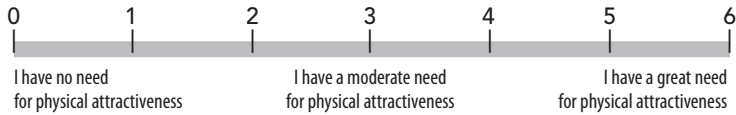
In which of the following areas of honesty and openness would you like to see improvement from your spouse? (Circle the letters that apply to you.)

- 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 daily 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. Physical attractiveness.** Viewing physical traits of the opposite sex that are aesthetically and/or sexually pleasing.

**A. Need for physical attractiveness:** Indicate how much you need physical attractiveness by circling the appropriate number.



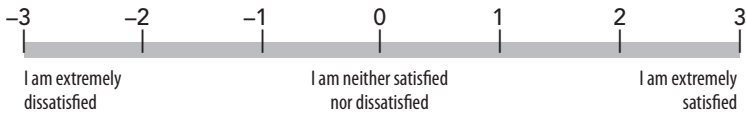
If or when your spouse *is not* willing to make the most of his or her physical attractiveness, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy                      c. Neither happy nor unhappy
- b. Somewhat 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                      c. Neither happy nor unhappy
- b. Somewhat happy                      d. Unhappy to see him or her make an effort

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



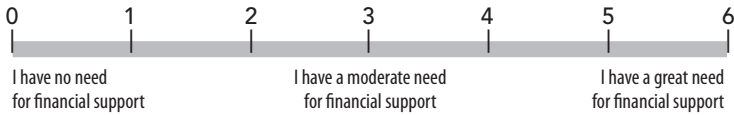
In which of the following characteristics of attractiveness would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Physical fitness and normal weight
- b. Attractive choice of clothes
- c. Attractive hairstyle
- d. Good physical hygiene
- e. Attractive facial makeup
- f. Other \_\_\_\_\_

If you circled any of the above, explain how your need for physical attractiveness 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.

**A. Need for financial support:** Indicate how much you need financial support by circling the appropriate number.



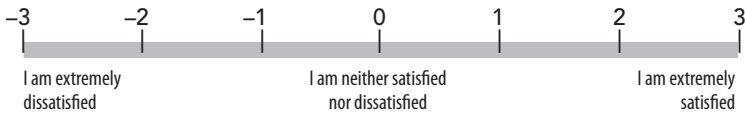
If or when your spouse *is not* willing to support you financially, how do you feel? (Circle the appropriate letter.)

- 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.** Management of the household tasks and care of the children—if any are at home—that create a home environment that offers you a refuge from stress.

**A. Need for domestic support:** Indicate how much you need domestic support by circling the appropriate number.



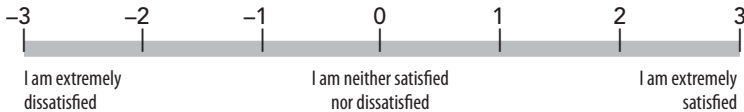
If your spouse *is not* willing to provide you with domestic support, how do you feel? (Circle the appropriate letter.)

- 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.** Provision for the moral and educational development of your children within the family unit.

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



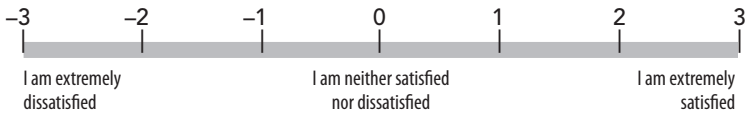
If or when your spouse *is not* willing to provide family commitment, how do you feel? (Circle the appropriate letter.)

- 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
- c. Neither happy nor unhappy
- d. Unhappy he or 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.



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).

\_\_\_\_\_ (write number) hours 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.** Being shown respect, value, and appreciation.

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



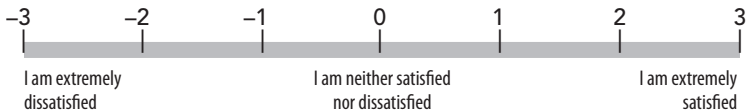
If or when your spouse *does not* admire you, how do you feel? (Circle the appropriate letter.)

- 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 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 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
- \_\_\_\_\_ Intimate conversation
- \_\_\_\_\_ Recreational companionship
- \_\_\_\_\_ Honesty and openness
- \_\_\_\_\_ Physical attractiveness of spouse
- \_\_\_\_\_ Financial support
- \_\_\_\_\_ Domestic support
- \_\_\_\_\_ Family commitment
- \_\_\_\_\_ Admiration
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_