

Determining Our Needs from Wants

To evaluate needs from wants, each partner should fill out the chart below separately. For each category, put a checkmark in either the Needs or Wants column, and then write a sentence briefly describing why it's a need or a want. For example, if someone marked "honesty" as a need, they might write something like, "I need to trust my partner in order to feel safe in the relationship." Or if they identified "sense of humor" as a want, they might write, "I want a partner who makes me laugh because it makes my day easier." Needs should feel essential, whereas wants feel more optional. After each person fills out their wants and needs, they should discuss their choices, both the ones they agree on and the ones they differ on.

| Needs and Wants | | | |
|--|-------------|-------------|---------------|
| <i>Category</i> | <i>Need</i> | <i>Want</i> | <i>Reason</i> |
| Honesty | | | |
| Loyalty | | | |
| Commitment | | | |
| Kindness | | | |
| Sense of humor | | | |
| Determination | | | |
| Strong work ethic | | | |
| Solid communication | | | |
| Emotional connection | | | |
| Equality in the relationship | | | |
| Empathy and understanding | | | |
| Date nights | | | |
| Quality time together | | | |
| Sexual intimacy and physical affection | | | |

Needs and Wants (*Continued*)

| <i>Category</i> | <i>Need</i> | <i>Want</i> | <i>Reason</i> |
|--|-------------|-------------|---------------|
| Mutual interests in hobbies or activities | | | |
| Emotional support | | | |
| Compatibility in values | | | |
| Shared household responsibilities/chores | | | |
| Romantic gestures | | | |
| Sense of adventure | | | |
| Physical and emotional safety | | | |
| Growth mindset | | | |
| Shared religious or spiritual beliefs | | | |
| Playfulness | | | |
| Mutual financial goals | | | |
| Respect for privacy | | | |
| Social activities with friends | | | |
| Gift giving and receiving | | | |
| Sharing meaningful ideas or current events | | | |
| Desire for conflict resolution | | | |