

THE MARRIAGE PROJECT

UNDERSTANDING YOUR MATE'S INTIMACY NEEDS

Understanding your and your mate's intimacy needs is essential in expressing yourself and growing closer together. Don't underestimate the power of this take-away project. Do it this week and 1-2 times a year after that. You'll be amazed at how far it takes your marriage intimacy.

STEP #1

Individually, without discussion, select your three greatest intimacy needs by putting a "1" in the left row of boxes for your greatest need, a "2" in the box of your second greatest need and a "3" in the box of your third greatest need. Do the same for your mate.

STEP #2

Get together, over dinner, and share what you believe are the *other's* greatest needs, and why. For example: "I believe *acceptance* is one of your greatest needs because of the constant pressure you faced in high school to measure up to your parents' standards." Your mate has opportunity to affirm your insight or re-direct your opinion: "No, it's not a need for *acceptance* as much as it is a desire for *encouragement*."

STEP #3

After you have understood each other's three greatest needs (and adjusted your grid), suggest three ways that you believe you might be able to meet each need for your mate:

"To encourage you, I will strive to compliment you as you try new recipes. I will also encourage you by supporting your morning time alone when you read for refreshment. And, I will be your biggest cheerleader as you train to run the marathon coming up."

Once again, your mate may shape each of your specific tactics (i.e., "No, I don't want you pushing me in the morning regarding my time with God...that might be too much pressure.").

Each of you will come away with 3 needs of your mate and 3 ways to meet each of those needs. Imagine deeper intimacy as you watch the other meeting those needs during the next week and beyond!

WHAT DO YOU NEED?

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. —Ephesians 4:29

ME

YOU

☐

ACCEPTANCE

deliberate and ready reception with a positive response

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AFFECTION

to greet with a kiss; to communicate closeness/care through intimacy

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APPRECIATION

to praise or communicate gratefulness

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APPROVAL

to express commendation and affirmation

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ATTENTION

to convey interest, support and care

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COMFORT

to give consolation with tenderness

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ENCOURAGEMENT

to urge forward with positive persuasion

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RESPECT

to value or regard highly

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SECURITY

confidence in the harmony of a relationship; freedom from harm

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SUPPORT

to gently help or provide for

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