

# EMOTIONAL NEEDS IN RELATIONSHIPS





# What Are Emotional Needs?

**Emotional needs** are feelings or conditions we **need** to feel happy, fulfilled, or at peace.

Research tells us that the ten most commonly listed emotional needs are:

- Security
- Attention
- Autonomy
- Privacy
- Status
- Competence
- Purpose
- Community
- Intimacy
- Belonging

# What Are Emotional Needs?

Successful relationships answer basic questions about our **core** needs.

- What do I need in order to feel loved, happy, fulfilled and secure?
- What does my partner need to feel the same?
- Are you willing to meet my needs?
- Am I willing to meet yours?

Our core needs are **fixed**.

How our needs are met is **negotiable**.

# What Are Our Core Needs?

Researchers agree that our core needs are:

**STATUS:** Feeling important, valued, admired, respected, honoured, appreciated, influential, significant...

**CONNECTION:** Feeling understood, appreciated, deeply loved, “opened up” to, valued, cared about, special, revered...

**SECURITY:** Feeling safe, trusted and trusting, reliable, predictable, certainty, stability, bonded, supported, togetherness...

*Traditionally marriage vows have promised to deliver on the core needs.*

# What Are Our Core Needs?

*These three emotional triggers are universal.*

We all have them and our willingness to become intimate with someone is based on these three triggers and how we prioritise them.

Some of us prioritise the search for **status** and challenge far more than **security** and trust. Others seek out **connection** and appreciation and aren't as interested in **status**.

Our core needs also change over time.  
*(some people won't ever change)*

It is more likely to desire **Status** most up to and including the early 30's.

**Connection** is most highly prized by the 30 - 40 age group and **Security** reaches the top position in the over 40's.



# Core Needs Expressed (Mark Manson)

## STATUS:

Pursuing status in a healthy way allows us to feel pride in our partners.

Unhealthy status seeking based on money, looks and prestige leaves us feeling empty and lonely.

## CONNECTION:

Healthy needs for connection make us feel appreciated and understood.

Unhealthy reliance on connection causes clinginess, dependancy and neediness.

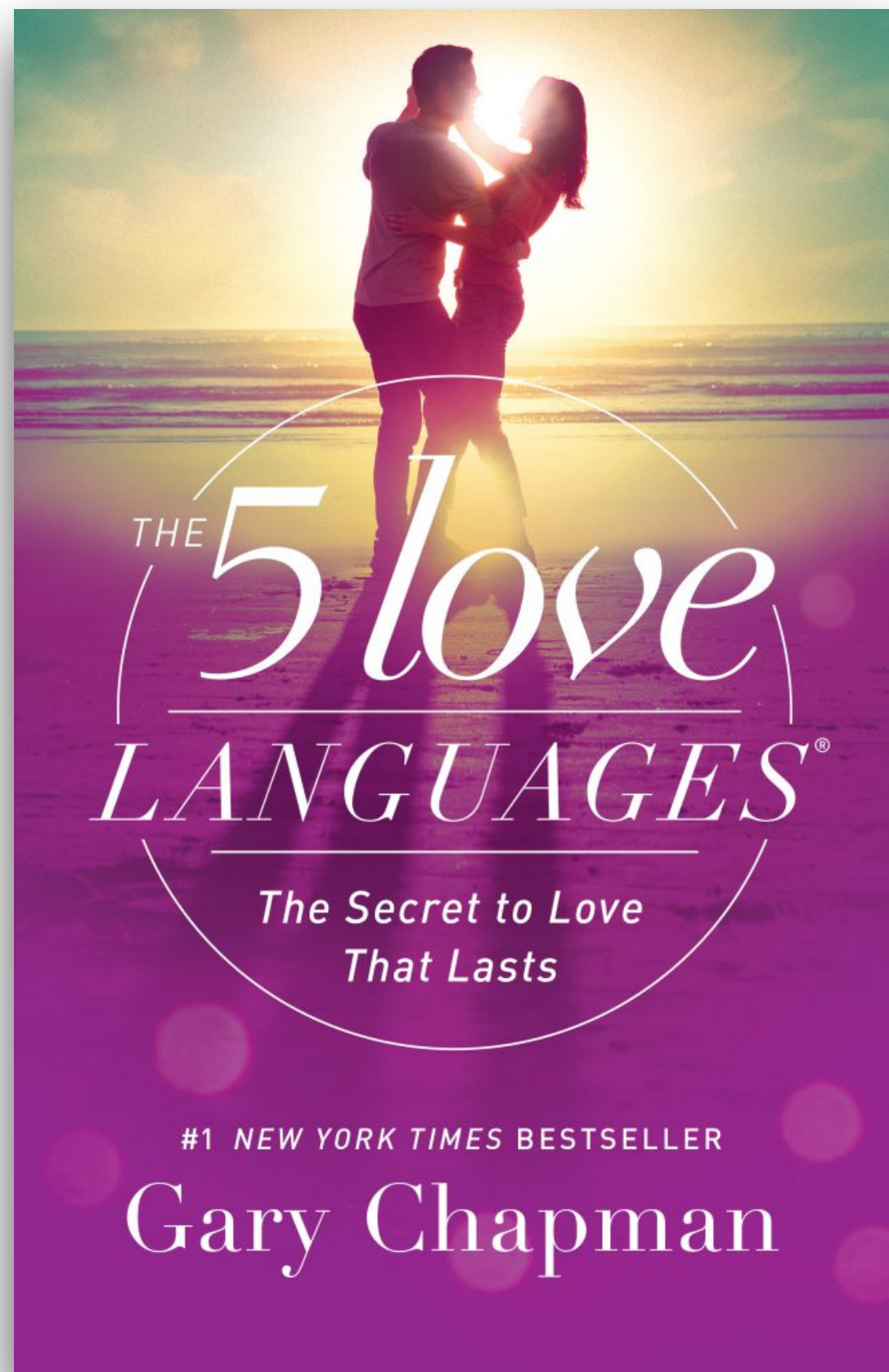
## SECURITY:

Finding healthy security provides feelings of safety, dependability and reliability.

Unhealthy obsession with security leads to possessiveness and jealousy.

# Emotional Needs In Relationships

*How we express our needs differs wildly.*



Words of affirmation  
Acts or service  
Receiving gifts  
Quality time  
Physical touch

Judgement



# Handling The Languages

LOVE LANGUAGE	COMMUNICATION	ACTIONS	AVOID
Words of Affirmation	Encourage, affirm, appreciate and listen actively.	Send an unexpected note text or card.	Not recognising or appreciating effort.
Physical Touch	Non-verbal use of body language and touch to show love.	Hugs kisses and cuddling.	Physical neglect or abuse.
Receiving Gifts	Thoughtfulness. Make your spouse a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.	Unenthusiastic gift receiving, forgetting special occasions.
Quality Time	Uninterrupted and focussed conversations. One on one time is vital.	Create special moments, take walks and do small things together.	Distractions when spending time together. Long gaps without one on one time.
Acts of Service	Let them know you want to help. You are keen to lighten their load.	Make them breakfast or dinner. Go out of your way to help with chores.	Lacking follow through on small and large tasks.

# Interpreting Others

The key to deciphering emotional needs in others is to not look at people's words and actions but instead, look at their **motivations**.

Knowing how to respond is impossible without know what motivates them.



# Interpreting Others

Begin asking “*Why?*” in response to the behaviours and actions of others.

Challenge yourself to find the underlying cause motivating people.

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Begin asking “*Why?*” in response to the behaviours and actions of others.

Avoid projection!

Challenge yourself to find the underlying cause motivating people.



When we are unaware of our own feelings we often feel out of control in emotionally charged situations.

We **MUST** learn about ourselves and our needs.

- Meditation
- Introspection
- Observation

# Satisfying Your Needs

You are the **ONLY** person who  
can satisfy your emotional needs.

You **ARE NOT** an empty emotional  
vessel to be filled by your spouse.

*(that would make you powerless and dependant)*

You need to take responsibility for your own  
fulfilment and the best way to do that is by  
putting your partner's desires ahead of your own.



# Assignments

<b><i>1</i></b>	Make a list of your emotional needs.
<b><i>2</i></b>	Do the 5 Love Languages test. <i>(and ask your partner if they would too)</i>
<b><i>3</i></b>	Heal your emotional wounds.