

# The Relationship Equation: Week 5

## Discussion Guide

***Note: Please print the Emotional Needs Questionnaire for each person in your group!***

### **Coaching:**

After the video, present the questionnaire from *His Needs, Her Needs* and have each person fill it out. Follow that up with these four questions:

### **Discuss:**

- What did you learn about yourself? [5 min]
- What did you learn about the person you care about? [5 min]
- What can you do right now to enable them to thrive? [5 min]
- How could you apply this to a friendship or working relationship? [5 min]

### **Prayer:**

This questionnaire may open some wounds. Be prepared to pray generically over each couple. This should be the coach as the pastor of the group, and it should be short and generic.

# Emotional Needs Questionnaire:

## 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 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
- \_\_\_\_\_ Physical Attractiveness
- \_\_\_\_\_ Honesty and Openness
- \_\_\_\_\_ Financial Support
- \_\_\_\_\_ Domestic Support
- \_\_\_\_\_ Family Commitment
- \_\_\_\_\_ Admiration
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_