
The information in this questionnaire reflects current medical knowledge. The recommendations and information are appropriate in most cases; however, they are not a substitute for professional diagnosis and treatment. For specific information, the publisher suggests that you consult a physician. The names of organizations, products, or alternative therapies that may appear here are given for informational purposes only. Their inclusion does not imply an endorsement, nor does the omission of any organization, product, or alternative therapy indicate a disapproval.

Your Emotional Needs and Desires Questionnaire

Another exercise I would like you to do at home this week is what I call the "Your Emotional Needs and Desires Questionnaire." This questionnaire will not only help you identify some of your emotional needs and desires, it will also show you how your needs match or contradict your partner's needs. I want you to read each of the following statements and see how it applies to your relationship as it is now. After each question, circle the response that most closely matches what is true for you right now. The statements purposely swing from one point to another. There are no grades, just your feelings.

YOUR EMOTIONAL NEEDS AND DESIRES QUESTIONNAIRE

I feel insecure without my partner:

always nearly always sometimes rarely never not applicable

My partner feels my untidiness is a problem:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to be held by my partner:

always nearly always sometimes rarely never not applicable

I think my partner's interest in me is at least as great as my interest in him or her:

always nearly always sometimes rarely never not applicable

I believe in the sincerity of my partner:

always nearly always sometimes rarely never not applicable

I depend on my partner, although I have negative feelings about being dependent:

always nearly always sometimes rarely never not applicable

For me, sensual touch is the same as sexual touch:

always nearly always sometimes rarely never not applicable

Children are a source of conflict:

always nearly always sometimes rarely never not applicable

I hold back from displaying my feelings with my partner:

always nearly always sometimes rarely never not applicable

I am eager to see my partner:

always nearly always sometimes rarely never not applicable

Meals together at home are enjoyable:

always nearly always sometimes rarely never not applicable

When I'm depressed, it helps to have my partner hold me:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to have my partner talk to me:

always nearly always sometimes rarely never not applicable

I want to be in love or have love as security:

always nearly always sometimes rarely never not applicable

Home repairs are a source of conflict:

always nearly always sometimes rarely never not applicable

I feel we are compatible:

always nearly always sometimes rarely never not applicable

I try to control the relationship, but feel I have lost control:

always nearly always sometimes rarely never not applicable

I feel my partner's poor hygiene is a problem:

always nearly always sometimes rarely never not applicable

I am prepared to "give all" for love:

always nearly always sometimes rarely never not applicable

I am discontented with life:

always nearly always sometimes rarely never not applicable

We laugh together at home:

always nearly always sometimes rarely never not applicable

When I yell, it upsets my partner:

always nearly always sometimes rarely never not applicable

When I'm upset, it upsets me more to hear my partner yell:

always nearly always sometimes rarely never not applicable

I blame myself for the difficulties in our relationship:

always nearly always sometimes rarely never not applicable

I believe my family loves me:

always nearly always sometimes rarely never not applicable

TV is a source of conflict:

always nearly always sometimes rarely never not applicable

I think my childhood was less happy than average:

always nearly always sometimes rarely never not applicable

My partner feels we have major in-law problems:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to drink alcohol:

always nearly always sometimes rarely never not applicable

Tender words are important to me:

always nearly always sometimes rarely never not applicable

I am able to be the one to end this relationship:

always nearly always sometimes rarely never not applicable

I think of divorce as the immediate solution to all our problems:

always nearly always sometimes rarely never not applicable

I analyze our relationship and weigh it in my mind:

always nearly always sometimes rarely never not applicable

I dislike any type of touch:

always nearly always sometimes rarely never not applicable

I consider separation a solution to our conflict:

always nearly always sometimes rarely never not applicable

Friends are a source of conflict:

always nearly always sometimes rarely never not applicable

Wanting to be held and to hold is frightening:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to use marijuana:

always nearly always sometimes rarely never not applicable

We fight before having sex:

always nearly always sometimes rarely never not applicable

I feel depressed for as long as ten days at a time:
always nearly always sometimes rarely never not applicable

I feel I am worthy of love:
always nearly always sometimes rarely never not applicable

I believe my friends love me:
always nearly always sometimes rarely never not applicable

I feel my partner's untidiness is a problem:
always nearly always sometimes rarely never not applicable

I hold back on discussing my feelings with my partner:
always nearly always sometimes rarely never not applicable

I think my partner sees divorce as an immediate solution to our problem:
always nearly always sometimes rarely never not applicable

My partner feels my poor hygiene is a problem:
always nearly always sometimes rarely never not applicable

I like to talk before having sex:
always nearly always sometimes rarely never not applicable

Work is a source of conflict for me:
always nearly always sometimes rarely never not applicable

Work is a source of conflict for my partner:
always nearly always sometimes rarely never not applicable

Work is a source of conflict for both of us:
always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to smoke cigarettes:
always nearly always sometimes rarely never not applicable

When I want closeness and can't hold my partner, I feel sad:
always nearly always sometimes rarely never not applicable

I'm jealous and possessive but not to the point of provoking angry conflict:
always nearly always sometimes rarely never not applicable

Housekeeping is a source of conflict:
always nearly always sometimes rarely never not applicable

My partner likes to relax, laugh, and have fun:

always nearly always sometimes rarely never not applicable

I discuss a wide range of topics and experiences with my partner:

always nearly always sometimes rarely never not applicable

I consider the quality of our sex to be a test of love:

always nearly always sometimes rarely never not applicable

I love myself:

always nearly always sometimes rarely never not applicable

I like to sleep after having sex:

always nearly always sometimes rarely never not applicable

I blame my partner for the difficulties in our relationship:

always nearly always sometimes rarely never not applicable

When I have trouble falling asleep, it helps me to take pills:

always nearly always sometimes rarely never not applicable

Meals are a source of conflict:

always nearly always sometimes rarely never not applicable

When I want closeness and can't hold my partner, I feel nothing:

always nearly always sometimes rarely never not applicable

I dislike holding children:

always nearly always sometimes rarely never not applicable

Being held is relaxing and tension-relieving:

always nearly always sometimes rarely never not applicable

I have tried to work out our sex problems and improve my technique:

always nearly always sometimes rarely never not applicable

When I want closeness and can't hold my partner, I feel tense:

always nearly always sometimes rarely never not applicable

If I want to have sex, I ask directly:

always nearly always sometimes rarely never not applicable

When I have trouble falling asleep, it helps to hold my partner:

always nearly always sometimes rarely never not applicable

I am preoccupied with thoughts about my partner:
always nearly always sometimes rarely never not applicable

When I want closeness and can't hold my partner, I feel hurt:
always nearly always sometimes rarely never not applicable

Affectionate touch is very important to me:
always nearly always sometimes rarely never not applicable

I consider sex to be essential for me:
always nearly always sometimes rarely never not applicable

I am willing to suffer abuse, even ridicule, from my partner:
always nearly always sometimes rarely never not applicable

To enjoy being held is mature:
always nearly always sometimes rarely never not applicable

Weight (mine or my partner's) is a source of conflict:
always nearly always sometimes rarely never not applicable

To me, appearances are more important than feelings:
always nearly always sometimes rarely never not applicable

Free time is a source of conflict:
always nearly always sometimes rarely never not applicable

I have problems controlling what I say when I'm angry:
always nearly always sometimes rarely never not applicable

I love my partner:
always nearly always sometimes rarely never not applicable

I'm jealous to the point of conflict (scenes, threats):
always nearly always sometimes rarely never not applicable

I like to kiss before having sex:
always nearly always sometimes rarely never not applicable

I see warning signs of trouble between us but I ignore them:
always nearly always sometimes rarely never not applicable

I prefer that my partner make decisions:
always nearly always sometimes rarely never not applicable

To enjoy being held is a weakness:

always nearly always sometimes rarely never not applicable

Being held is important to me:

always nearly always sometimes rarely never not applicable

When I want closeness and am not held, I feel angry:

always nearly always sometimes rarely never not applicable

Money is a source of conflict:

always nearly always sometimes rarely never not applicable

I dislike being held:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to hold my partner:

always nearly always sometimes rarely never not applicable

I like to hold my partner after having sex:

always nearly always sometimes rarely never not applicable

My partner fits my ideal image:

always nearly always sometimes rarely never not applicable

I use sex to keep my partner with me:

always nearly always sometimes rarely never not applicable

To enjoy being held is loving:

always nearly always sometimes rarely never not applicable

Laughter is fun and helps relax me:

always nearly always sometimes rarely never not applicable

When I have trouble falling asleep, it helps me to sleep in another bed/room:

always nearly always sometimes rarely never not applicable

I like to kiss after having sex:

always nearly always sometimes rarely never not applicable

I consider divorce to be a solution to our conflict:

always nearly always sometimes rarely never not applicable

I can laugh over some of our differences:

always nearly always sometimes rarely never not applicable

To enjoy being held is natural:

always nearly always sometimes rarely never not applicable

I use sarcasm or laugh at my partner to put him or her down:

always nearly always sometimes rarely never not applicable

I declare my love first, before my partner:

always nearly always sometimes rarely never not applicable

I like to laugh after having sex:

always nearly always sometimes rarely never not applicable

I have trouble falling asleep:

always nearly always sometimes rarely never not applicable

I discuss future plans with my partner:

always nearly always sometimes rarely never not applicable

I dislike holding adults:

always nearly always sometimes rarely never not applicable

When I have trouble falling asleep, it helps to be held by my partner:

always nearly always sometimes rarely never not applicable

Our relationship is marked by frequent conflicts and tension:

always nearly always sometimes rarely never not applicable

I can share grief or fear with my partner:

always nearly always sometimes rarely never not applicable

Lack of trust is a source of conflict:

always nearly always sometimes rarely never not applicable

I just like to roll over and go to sleep after having sex:

always nearly always sometimes rarely never not applicable

I consider affection important to me, even essential:

always nearly always sometimes rarely never not applicable

To enjoy being held is shameful:

always nearly always sometimes rarely never not applicable

I use threats to get sex:

always nearly always sometimes rarely never not applicable

I like to be alone after having sex:

always nearly always sometimes rarely never not applicable

Alcohol is a source of conflict:

always nearly always sometimes rarely never not applicable

I like to be held before having sex:

always nearly always sometimes rarely never not applicable

My desire to be held is higher when I'm pregnant:

always nearly always sometimes rarely never not applicable

My desire to be held is higher when I have my period:

always nearly always sometimes rarely never not applicable

When I want closeness and can't hold my partner, I feel angry:

always nearly always sometimes rarely never not applicable

I like to laugh before having sex:

always nearly always sometimes rarely never not applicable

I think we have major in-law or other family problems:

always nearly always sometimes rarely never not applicable

I think that to enjoy being held is for women only:

always nearly always sometimes rarely never not applicable

I like to be stroked before having sex:

always nearly always sometimes rarely never not applicable

When I'm upset, it comforts me to talk to my partner:

always nearly always sometimes rarely never not applicable

I think that to enjoy being held is childish:

always nearly always sometimes rarely never not applicable

I enjoy sensual touch more than sexual touch:

always nearly always sometimes rarely never not applicable

I cry after having sex:

always nearly always sometimes rarely never not applicable

I try to force my partner to show more feeling and commitment:

always nearly always sometimes rarely never not applicable

When I'm upset, I want to hurt myself or my partner:

always nearly always sometimes rarely never not applicable

I have needed medication for depression:

always nearly always sometimes rarely never not applicable

I deliberately restrict the frequency of contact with my partner:

always nearly always sometimes rarely never not applicable

I prefer to make decisions on my own:

always nearly always sometimes rarely never not applicable

I like to talk after having sex:

always nearly always sometimes rarely never not applicable

When I have trouble falling asleep, it helps to hold a pillow or other object:

always nearly always sometimes rarely never not applicable

I use direct persuasion to get sex:

always nearly always sometimes rarely never not applicable

My partner uses sarcasm or laughs at me to put me down:

always nearly always sometimes rarely never not applicable

I use sex to get my partner to hold me:

always nearly always sometimes rarely never not applicable

I like to be held after having sex:

always nearly always sometimes rarely never not applicable

I feel no hope that our conflict will be resolved:

always nearly always sometimes rarely never not applicable

Cuddling and hugging feel good:

always nearly always sometimes rarely never not applicable

It can be difficult to distinguish true needs from desires because they are not the same for everyone. For Irene, hugging before sex may be very important, while for her partner, Hank, it means little. Hugging is probably a need for Irene but not one for Hank. This couple will have to negotiate and compromise so the needs of both partners are met.

You may have noticed that some of the statements in this questionnaire are repeated, although phrased a little differently. I did that on purpose to see if respondents would react the same way twice. Look back over your responses and see whether you circled the word "always" to similar-sounding statements. If you did, that issue is probably a need for you. For example, if you responded "always" to the statements "affectionate touch is very important to me," and "I consider affection important to me, even essential," then you probably have a strong need for affection, which you must communicate to your partner - he or she may not be aware of this need or understand its importance to you.

On the other hand, you may circle “always” in response to the statement “affectionate touch is very important to me,” but then later circle “rarely” in response to “I like to be held after having sex.” What does this mean for you? That you think of yourself as being affectionate but that your actions say otherwise? Look for these double messages.

Be on the lookout for statements that begin with the words “I like to” or “I dislike.” They usually indicate desires instead of needs. It’s OK to have desires, but you shouldn’t demand that your partner fulfill them. For example, you may agree strongly with the statement “I like to kiss before having sex,” but liking to kiss is not a basic need. On the other hand, it’s not wrong to want to be kissed, especially if it makes you feel closer to your partner. Once again, this is an opportunity to learn how to communicate better. Maybe your partner doesn’t know how important kissing before having sex is to you. Tell your partner! He or she might be more than willing to cooperate. If not, explain why it’s so important to you. Talk it over; don’t hold your feelings in. But remember to phrase them in “I” language.