



“If you love me, will you do these things for me....?”

Needs List for a Man

1. Provide sex/love-making experiences

- a. Two times per week – once during the week/once on weekends
- b. Be willing to experiment with different positions
- c. Be open to making love in a variety of settings
- d. Sleep with as little on as possible
- e. Set up romantic-sexual situations both at home and away
- f. Respond positively to me when looking at you with nothing on
- g. To desire me sexually both verbally and non-verbally

2. Give me admiration and respect

- a. Build me up to others – be proud of me in a group
- b. Seek and value my advice and opinions
- c. Compliment me when I do projects or excel at something
- d. Respect me as a spiritual leader

3. Provide domestic support

- a. Cosmetically neat house
- b. Have clothes put away—nothing laying around in the bedroom
- c. To have the bed made daily

4. Provide recreational companionship

- a. Be with me when I play sports
- b. Build relationships with those that I play sports with & their spouses
- c. Learn a sports activity to do with me

Criteria for writing your list

- What do I do for my spouse, and get angry or hurt because they don't do it for me?
- What do we fight about but never resolve?
- What do I know about myself, which would cause me to withdraw or shut down emotionally, and, if not in covenant, would cause me to leave this relationship?