



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

Needs List for a Woman

1. Make me #1 in your life, most important, cherished, and treasured

- a. Always walk beside me or slightly behind me
- b. Introduce me in social situations
- c. Do an “I Love You” once per month
- d. Call me once each day from work
- e. Bring me cards/flowers on special occasions
- f. Consider my wishes before family & friends

2. Be a spiritual leader

- a. Pray with me daily
- b. Lead our family in a devotional weekly
- c. Read your Bible every day
- d. Take the lead in taking us to corporate worship on Sunday

3. Provide communication

- a. Be a focused listener
- b. Talk with me the last hour of each day
- c. Hear and understand me – don’t problem solve

4. Non-sexual affection

- a. Hold my hand when we walk together (respond when I reach for your hand)
- b. Hug me – 5 times daily/when you leave & when you come home
- c. Hold me – when we first wake up and just before we go to sleep
- d. Kiss me –before going to sleep/when you leave-when you return
- e. Give me back and head rubs

Criteria for determining your needs

- 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?