

Understanding Intimacy Needs

Intimacy needs are those needs that are important in developing close and transparent relationships. There have been over 50 intimacy needs identified. The list below represents the top **ten** of these needs. Conflict exists in every relationship and marriage. Understanding your intimacy needs and your spouse's intimacy needs provide one way to understand the source of the conflict and address the "true" feelings effectively.

What are your top 3 intimacy needs? What are your spouses? (work separately and then share.

Your Need

Spouse's Need

Acceptance - Deliberate and ready reception with favorable positive response (Rom. 15:7)	
Affection- Communicate care and closeness through physical touch (Rom. 15:16)	
Appreciation- Communicate with words and feelings gratefulness for each other. (I Cor. 11:2)	
Approval Expressed commendation: to think and speak well of each other (Rom. 14:8)	
Attention Thinking about someone with appropriate interest and support. (I Cor. 12:25)	
Comfort (empathy) Walk in someone's shoes, share their experience in word, feeling and touch. (Rom. 12:15)	
Encouragement Inspire with courage, spirit or hope; to stimulate (I Thess. 5:11)	
Respect Value and regard highly; to esteem. (I Peter 2:17)	
Security Confidence in harmony in the relationship; free from harm (Psalms 122:6)	
Support Assist or gently carry a problem or struggle (Got your back) (Galatians 6:2)	

Do Needs change? _____