

Core Needs Questionnaire

The following questions are designed to help you identify your core personal needs in a variety of areas. They help you discover your personal criterion for experiencing a loving, gratifying and meaningful relationship. It's a way for you to identify and then share what has to happen for you to have your needs met more completely. Please allow yourself approximately _____ minutes to thoughtfully complete the questionnaire.

1. Affection

This is defined as expressions of caring which are not sexual in nature. Examples would be non-sexual touches (hugs, kisses), affectionate words (spoken or written), kindnesses and gifts.

A. Need for affection

- a. On a scale of 0-6, with 0 indicating no need for affection, 3 indicating a moderate need, and 6 indicating great need for affection, where would you place yourself? _____
- b. When your spouse does NOT show affection to you, how do you feel?
___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse DOES show affection to you, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of spouse's expression of affection to you

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's expressions of affection, 3 indicating you are neutral, and 6 indicating great satisfaction, where would you place yourself? _____
- a.
- b. My spouse thoroughly meets my need for affection.
___ yes ___ no
- b. If you answered no above, how often do you need your spouse to express affection to you? ___times per day or week (circle one).
- c. I am satisfied with the ways my spouse expresses affection to me.
___ yes ___ no
- c. If you answered no above, please describe ways in which your spouse could express affection to you that would be more satisfying.

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2. Sexual contentment

This is defined as being happy with the sexual connection between you and your spouse in both frequency and enjoyment.

A. Need for sexual contentment

- a. On a scale of 0-6, with 0 indicating no need for sexual contentment, 3 indicating a moderate need, and 6 indicating great need for sexual contentment, where would you place yourself? _____
- a.
- b. When your spouse does NOT engage in sexual relations with you, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES engage in sexual relations with you, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of sexual relations with your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your sexual connection to your spouse, 3 indicating you are neutral, and 6 indicating great satisfaction with your sexual connection to your spouse, where would you place yourself? _____
- b. My spouse has sexual relations with me as frequently as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often on average would you want to have sex with your spouse? ___times per day or week (circle one).
- d. I am satisfied with the ways my spouse has sex with me.
___ yes ___ no
- e. If you answered no above, please describe ways that your spouse could better express sexual connection to you that would be more satisfying.

3. Physical attractiveness

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This is defined as the appearance of the opposite sex as being pleasing to the eye or sexually desirable.

A. Need for Physical Attractiveness

- a. On a scale of 0-6, with 0 indicating no need for physical attractiveness, 3 indicating a moderate need, and 6 indicating great need for physical attractiveness, where would you place yourself? _____
- b. When your spouse does NOT pay attention to his or her appearance, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES make the most of his or her appearance, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of your spouse's physical attractiveness

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's physical attractiveness, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's physical attractiveness, where would you place yourself? _____
- b. In which of the following areas of physical attractiveness would you like to see improvement from your spouse?
b. ___ Showering frequently enough, keeping hair and teeth clean
b. ___ Maintaining a healthy weight
___ Being active and physically fit
___ Wearing flattering, attractive or stylish clothes
___ Choosing an attractive hair style
___ Wearing attractive makeup.
- c. If you checked any of the above, please describe how these areas could be improved to meet your need for physical attractiveness.

4. Spirituality

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This is defined as finding meaning in connection to a Higher Power, moral improvement and participation in religious observances.

A. Need for spirituality

- a. On a scale of 0-6, with 0 indicating no need for spirituality, 3 indicating a moderate need, and 6 indicating great need for spirituality, where would you place yourself? _____
- b. When your spouse does NOT support your sense of spirituality, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse DOES support your sense of spirituality, how do you feel?
c. ___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of your spouse's support of your spirituality

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's support of your spirituality, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's support of your spirituality, where would you place yourself? _____
- b. My spouse supports my spirituality as often as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often do you need your spouse to express support for your spirituality? ___times per day or week (circle one).
- c.
- d. I am satisfied with the ways my spouse expresses support of my spirituality.
___ yes ___ no
- d.
- e. If you answered no above, please describe ways that your spouse could show support of your spirituality in your marriage that would be more satisfying.

5. Truthfulness and sincerity

This is defined as being honest and authentic in expression of thoughts, feelings, needs, plans, hopes and dreams, and clearly and genuinely communicating about daily life.

A. Need for truthfulness and sincerity

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- a. On a scale of 0-6, with 0 indicating no need for truthfulness and sincerity, 3 indicating a moderate need, and 6 indicating great need for truthfulness and sincerity, where would you place yourself? _____
- a.
- b. When your spouse is NOT truthful and sincere with you, how do you feel?
- b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse IS truthful and sincere with you, how do you feel?
- c. ___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of your spouse's truthfulness and sincerity

- a. On a scale of 0-6, with 0 indicating that you are extremely dissatisfied with your spouse's truthfulness and sincerity, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's truthfulness and sincerity, where would you place yourself? _____
- b. In which of the following areas of truthfulness and sincerity would you like to see improvement from your spouse?
- b. ___ Expressing both positive and negative feelings to you
- b. ___ Talking about the details of daily life
- b. ___ Sharing thoughts and plans for the future
- b. ___ Disclosing information about his or her past.
- c. If you checked any of the above, please describe how communicating openly and honestly in these areas would be more satisfying to you.

6. Faithfulness and certainty

This is defined as being committed to your spouse in exclusivity and providing dependable stability in your relationship.

A. Need for faithfulness and certainty

- a. On a scale of 0-6, with 0 indicating no need for faithfulness and certainty, 3 indicating a moderate need, and 6 indicating great need for faithfulness and certainty, where would you place yourself? _____
- a.

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- b. When your spouse is NOT faithful and dependable, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse IS faithful and dependable, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of your spouse's faithfulness and certainty

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's faithfulness and certainty, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's faithfulness and certainty, where would you place yourself? _____
- a.
- b. My spouse protects our relationship by avoiding opportunities to be unfaithful with others.
___ yes ___ no
- b.
- c. My spouse clearly indicates to others that we are married.
___ yes ___ no
- c.
- d. My spouse would never put our relationship at risk by being unfaithful.
___ yes ___ no
- d.
- e. My spouse is dependable in taking care of our marriage.
___ yes ___ no
- e.
- f. My spouse is dependable in their words and actions.
___ yes ___ no
- f.
- g. If you answered no for any of the above, please describe how your need for faithfulness and certainty could be better met in your marriage.

7. Significance and admiration

This is defined as being appreciated, valued, and respected.

A. Need for significance and admiration

- a. On a scale of 0-6, with 0 indicating no need for significance and admiration, 3 indicating a moderate need, and admiration and 6 indicating great need for

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- significance and admiration, where would you place yourself? _____
- a.
 - b. When your spouse does NOT show appreciation and admiration, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
 - c. When your spouse DOES show appreciation and admiration, how do you feel?
c. ___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied
 - c.

B. Assessment of your spouse's expression of significance and admiration

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's expression of appreciation and admiration, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's expression of appreciation and admiration, where would you place yourself? _____
- a.
- b. My spouse gives me sufficient admiration and appreciation.
___ yes ___ no
- c. If you answered no above, how often do you need your spouse to express appreciation and admiration? ___times per day or week (circle one).
- d. I am satisfied with the ways my spouse expresses appreciation and admiration.
___ yes ___ no
- d.
- e. If you answered no above, please describe ways that your spouse could express appreciation and admiration that would be more satisfying.

8. Intimate conversations

This is defined as talks or discussions in which you exchange feelings, share thoughts, and communicate about life.

A. Need for intimate conversation

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- a. On a scale of 0-6, with 0 indicating no need for intimate conversation, 3 indicating a moderate need, and 6 indicating great need for intimate conversation, where would you place yourself? _____
- a.
- b. When your spouse does NOT spend time talking to you, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse DOES talk to you, how do you feel?
c. ___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of conversational intimacy with your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with the conversational intimacy with your spouse, 3 indicating you are neutral, and 6 indicating great satisfaction with the conversational intimacy with your spouse, where would you place yourself? _____
- a.
- b. My spouse converses with me as often as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often do you need your spouse to connect with you through intimate conversations? ___times per day or week (circle one).
- c.
- d. If you answered no above, how much time do you need your spouse to connect with you through intimate conversations? ___hours per day or week (circle one).
- d.
- e. I am satisfied with the ways my spouse connects to me through conversation.
___ yes ___ no
- e.
- f. If you answered no above, please describe ways that your spouse could have intimate conversations with you that would be more satisfying.

9. Recreational companionship

This is defined as spending time together in leisure activities.

A. Need for recreational companionship

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- a. On a scale of 0-6, with 0 indicating no need for recreational companionship, 3 indicating a moderate need, and 6 indicating great need for recreational companionship, where would you place yourself? _____
- a.
- b. When your spouse is NOT willing to join you in leisure activities, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- b.
- c. When your spouse DOES join you in leisure activities, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of recreational companionship with your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with your spouse's recreational companionship, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's recreational companionship, where would you place yourself? _____
- a.
- b. My spouse joins me in leisure activities as often as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often do you need your spouse to connect with you through leisure activities? ___ times per day or week (circle one).
- c.
- d. If you answered no above, how much time do you need your spouse to connect with you through leisure activities? ___ hours per day or week (circle one).
- d.
- e. I am satisfied with the ways my spouse enjoys leisure time with me.
___ yes ___ no
- e.
- f. If you answered no above, please describe ways that your spouse could enjoy recreational companionship with you that would be more satisfying.

10. Excitement and spontaneity

This is defined as expressing enthusiasm and eagerness that create delight, and behaving freely and naturally.

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A. Need for excitement and spontaneity

- a. On a scale of 0-6, with 0 indicating no need for excitement and spontaneity, 3 indicating a moderate need, and 6 indicating great need for excitement and spontaneity, where would you place yourself? _____
 - a.
 - b. When your spouse does NOT show excitement or willingness to be spontaneous, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
 - c. When your spouse DOES show excitement and willingness to be spontaneous, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of excitement and spontaneity with your spouse

- a. On a scale of 0-6, with 0 indicating that you are extremely dissatisfied with your spouse's excitement and spontaneity, 3 indicating you are neutral, and 6 indicating great satisfaction with your spouse's excitement and spontaneity, where would you place yourself? _____
- b. My spouse expresses excitement and shows spontaneity as often as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often do you need your spouse to express excitement or show spontaneity? ___ times per day or week (circle one).
- c.
- d. I am satisfied with the ways my spouse expresses excitement and shows spontaneity.
___ yes ___ no
- e. If you answered no above, please describe ways that your spouse could show excitement and spontaneity in your marriage that would be more satisfying.

11. Personal growth

This is defined as development in social, psychological, emotional, moral and educational areas.

A. Need for personal growth

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- a. On a scale of 0-6, with 0 indicating no need for personal growth, 3 indicating a moderate need, and 6 indicating great need for personal growth, where would you place yourself on the scale? _____
- a.
- b. When your spouse does NOT support you in your personal growth, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES support you in your personal growth, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of personal growth with your spouse

- a. On a scale of 0-6, with 0 indicating that you are extremely dissatisfied with your personal growth in your marriage, 3 indicating you are neutral, and 6 indicating great satisfaction with your personal growth in your marriage, where would you place yourself? _____
- a.
- b. My spouse encourages me to grow personally as much as I need.
___ yes ___ no
- b.
- c. If you answered no above, how often do you need your spouse to encourage you to work on your personal development? ___hours per day or week (circle one).
- c.
- d. I am satisfied with the ways my spouse encourages me to grow personally.
___ yes ___ no
- d.
- e. If you answered no above, please describe ways in which your spouse could support your personal growth that would be more satisfying.

12. Conflict management and resolution

This is defined as being able to discuss differences in an effective way and come to agreements on how to handle differences.

A. Need for conflict management and resolution

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- a. On a scale of 0-6, with 0 indicating no need for effective conflict management and resolution, 3 indicating a moderate need, and 6 indicating great need for effective conflict management and resolution, where would you place yourself? _____
- b. When your spouse does NOT work with you on conflict management and resolution, how do you feel?
b. ___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES work with you on conflict management and resolution, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of conflict management and resolution with your spouse

- a. On a scale of 0-6, with 0 indicating that you are extremely dissatisfied with the conflict management and resolution in your marriage, 3 indicating you are neutral, and 6 indicating great satisfaction with the conflict management and resolution in your marriage, where would you place yourself? _____
- a.
- b. My spouse works with me on conflict management and resolution as much as I need.
___ yes ___ no
- c. If you answered no above, how often do you need your spouse to work with you on conflict management and resolution? ___ hours per day or week (circle one).
- c.
- d. I am satisfied with the ways my spouse works with me on conflict management and resolution.
___ yes ___ no
- e. If you answered no above, please describe ways in which your spouse could work with you on conflict management and resolution that would be more satisfying.

13. Financial support

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This is defined as providing sufficient resources (food, clothing, shelter) and income to meet your desired standard of living.

A. Need for financial support

- a. On a scale of 0-6, with 0 indicating no need for financial support, 3 indicating a moderate need, and 6 indicating great need for financial support, where would you place yourself? _____
- b. When your spouse is NOT willing to support you financially, how do you feel?
___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES support you financially, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of financial support of your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with the financial support of your spouse, 3 indicating you are neutral, and 6 indicating great satisfaction with the financial support of your spouse, where would you place yourself? _____
- b. How much income do you think is necessary for your spouse to earn?

- c. How many hours each week do you think your spouse should work?

- c.
- d. If your spouse is not earning what you think is necessary, does not work the hours you think he/she should, or has other behaviors that you think are problematic in regards to finances, please describe how your need for financial support in your marriage could be better met.

14. Household contribution

This is defined as contributing to the management of the home through caring for children or accomplishing tasks, such that the home environment is one of peace and collaboration.

A. Need for household contribution

- a. On a scale of 0-6, with 0 indicating no need for household contribution, 3 indicating a moderate need, and 6 indicating great need for household

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contribution, where would you place yourself? _____

- b. When your spouse is NOT willing to contribute to household management, how do you feel?
___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied
- c. When your spouse DOES contribute to household management, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of household contribution of your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with the household contribution of your spouse, 3 indicating you are neutral, and 6 indicating great satisfaction with the household contribution of your spouse, where would you place yourself? _____
- b. My spouse contributes all I need to household management.
___ yes ___ no
- c. I am satisfied with the way my spouse contributes to household management.
___ yes ___ no
- d. If your response is no to either of the statements above, please describe how your need for household contribution in your marriage could be better met.

15. Family dedication (if you have children in the household)

This is defined as faithfulness in participating in and taking responsibility for the emotional, physical, spiritual and educational development of the children in the family.

A. Need for family dedication

- a. On a scale of 0-6, with 0 indicating no need for family dedication, 3 indicating a moderate need, and 6 indicating great need for family dedication, where would you place yourself? _____
- b. When your spouse is NOT willing to provide family dedication, how do you feel?
___ very dissatisfied ___ mildly dissatisfied ___ neutral ___ satisfied

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- c. When your spouse DOES provide family dedication, how do you feel?
___ very satisfied ___ mildly satisfied ___ neutral ___ dissatisfied

B. Assessment of family dedication with your spouse

- a. On a scale of 0-6, with 0 indicating you are extremely dissatisfied with the family dedication of your spouse, 3 indicating you are neutral, and 6 indicating great satisfaction with the family dedication of your spouse, where would you place yourself? _____
- b. My spouse dedicates sufficient time to the family.
___ yes ___ no
- c. If you answered no above, how often do you need your spouse to join in family activities? ___ times per day or week (circle one).
- c.
- d. If you answered no above, how much time do you need your spouse to spend on family activities? ___ hours per day or week (circle one).
- e. I am satisfied with the ways my spouse dedicates time to the family.
___ yes ___ no
- f. If you answered no above, please describe ways that your spouse could dedicate time to the family that would be more satisfying.

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Ordering Your Needs

Now that you have worked on identifying your needs in your marriage, consider which ones are critical to your satisfaction. Using this insight, rank each need according to the relative importance of having that need met in your marriage. For example, the most important need of all will have a 1 beside it, the second most important a 2, and so on. Rank these needs from 1-10. If there are needs which have not been mentioned, use the additional space to add them to the list and rank them.

- ___ Affection
- ___ Sexual contentment
- ___ Physical attractiveness
- ___ Spirituality
- ___ Truthfulness and sincerity
- ___ Faithfulness and certainty
- ___ Significance and admiration
- ___ Intimate conversations
- ___ Recreational companionship
- ___ Excitement and spontaneity
- ___ Personal growth
- ___ Conflict management and resolution
- ___ Financial support
- ___ Household contribution
- ___ Family dedication
- ___ _____
- ___ _____
- ___ _____

Use this ranking to begin communicating your needs with your partner. Contemplate whether or not you have needs that are being met in a way that is destructive to your personal health

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and wellbeing, and that of your relationship. Then look for healthy alternatives that can replace these behaviors.

Ask your partner to share their *Core Needs Questionnaire* results to gain some insight into how their needs differ to yours. How can you help them meet their needs on a higher level, in a supportive and nurturing environment? You've got to stop looking to them to have your needs met and focus on meeting theirs instead. That's what love is all about in a deeply passionate and fulfilling marriage.

In essence, helping your partner get what they want transforms them into your raving fan and they will enthusiastically help you get what you desire in return.