

Top 10 Intimacy Needs

Look over this list of ten intimacy needs. First mark the three (3) needs you consider the most important for you to receive from your partner right now. Next, mark the three (3) needs you think your partner would consider most important to receive from you right now.

Myself	Intimacy Needs	Partner
<input type="checkbox"/>	Acceptance – deliberate and ready reception with a favorable positive response (Rom. 15:7)	<input type="checkbox"/>
<input type="checkbox"/>	Affection – to communicate care and closeness through physical touch (Rom. 16:16)	<input type="checkbox"/>
<input type="checkbox"/>	Appreciation – to communicate with words and feelings a personal gratefulness for another (I Cor. 11:2)	<input type="checkbox"/>
<input type="checkbox"/>	Approval – expressed commendation; to think and speak well of (Rom. 14:18)	<input type="checkbox"/>
<input type="checkbox"/>	Attention – to take thought of another and convey appropriate interest and support; to enter into another’s “world” (I Cor. 12:25)	<input type="checkbox"/>
<input type="checkbox"/>	Comfort (empathy) – to come alongside with word, feeling and touch; to give consolation with tenderness (Rom. 12:15)	<input type="checkbox"/>
<input type="checkbox"/>	Encouragement – to urge forward and positively persuade toward a goal (I Thes. 5:11, Heb. 10:24)	<input type="checkbox"/>
<input type="checkbox"/>	Respect – to value and regard highly; to convey great worth (Rom. 12:10)	<input type="checkbox"/>
<input type="checkbox"/>	Security – confidence of harmony in relationships; free from harm (Rom. 12:16a)	<input type="checkbox"/>
<input type="checkbox"/>	Support – come alongside and gently help carry a load (Gal. 6:2)	<input type="checkbox"/>

- Discuss with your partner why you chose the three you chose for yourself and for your partner. In this sharing time, don’t criticize your spouse.
- How close were you to detecting your partner’s top three?
- This week: How could you specifically meet one or two of your partner’s top three needs?

(For further study of these intimacy needs, see the CMFI study guide:
Top 10 Intimacy Needs by Dr. David Ferguson & Dr. Don McMinn.)

Top 10 Intimacy Needs³

Acceptance

Romans 15:7 So accept each other just as Christ has accepted you; then God will be glorified.

Met: secure, confident, feels of worth, relaxed, peaceful

Unmet: performance oriented, workaholic, poor self-image, insecure; defensive

Affection

Romans 16:16 Greet each other in Christian love. All the churches of Christ send you their greetings.

Met: secure, free to give, feels of being loved and comforted

Unmet: aloof and distant, uncomfortable being physically close to people, cold and unfeeling, promiscuous, flirting, clinging to others of the opposite sex, unclear behaviors with opposite sex

Appreciation

1 Corinthians 11:2 I am so glad, dear friends, that you always keep me in your thoughts and you are following the Christian teaching I passed on to you.

Met: positive and optimistic, good work ethic, grateful, encouraging to others

Unmet: easily discouraged and pessimistic, performance oriented, insecure, self-doubt

Approval

Romans 14:18 If you serve Christ with this attitude, you will please God. And other people will approve of you, too.

Met: productive, confident, good self-image

Unmet: search for approval, performance oriented, workaholic, "self made," lack self-confidence, insecure, confused, fearful

Attention

1 Corinthians 12:25 This makes for harmony among the members, so that all the members care for each other equally.

Met: good self-image, confident, feelings of "I'm important," secure, willing to be a servant; attentive to other's needs

Unmet: promiscuous, boisterous, poor self-image, feelings of being worthless, delinquency, shy and withdrawn, concentration on appearance

³ *Top Ten Intimacy Needs*—David Ferguson and Don McMinn

Comfort (empathy)

Romans 12:15 When others are happy, be happy with them. If they are sad, share their sorrow.

Met: caring, compassionate, positive, giving, sensitive, self-confident, loving

Unmet: fearful, insecure, controlling, possessive, anxious, worrier, negative, rigid, self-reliant

Encouragement

1 Thessalonians 5:11 So encourage each other and build each other up, just as you are already doing.

Hebrews 10:24 Think of ways to encourage one another to outbursts of love and good deeds.

Met: "can do" attitude, positive and optimistic, creative, productive

Unmet: lack of confidence, failure complex, defeatist attitude, pessimistic, frustrated, withdrawn, negative

Respect

Romans 12:10 Love each other with genuine affection, and take delight in honoring each other.

Met: respectful of others, freedom to "grow up," giving, sensitive, high self-worth, loving, positively assertive

Unmet: feelings of worthlessness and inferiority, insecure, demanding, intolerant, "victim" mind-set

Security

Romans 12:16 Live in harmony with each other. Don't try to act important, but enjoy the company of ordinary people. And don't think you know it all!

Met: full of faith, confident, giving, grateful, positive, adaptable, flexible

Unmet: fearful, insecure, controlling, possessive, anxious, worrier, negative, rigid, self-reliant

Support

Galatians 6:2 Share each other's troubles and problems, and in this way obey the law of Christ.

Met: encouraged, grateful, feelings of being loved, hope, sensitive to "giving" opportunities

Unmet: discouraged, weariness toward life, fear of failure, timidity