

GREAT MARRIAGES DON'T *JUST* HAPPEN

Webinar Series - Session Seven

STAYING CONNECTED

Meeting Each Other's Emotional Needs

What is an emotional need?

Needs that are deeply rooted in our created nature and shaped by our unique life experience.

Why is it important to meet emotional needs?

Emotional Needs

1. Conversation

2. Recreational Companionship

3. Time alone and personal space

4. Sexual Fulfillment

5. Honesty and Openness

6. Admiration/Respect/Encouragement

7. Domestic Partnership

8. Important and Cherished

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

- Philippians 2:1-4

CONVERSATION

Identify one of your emotional needs that's currently being met by your spouse. Tell them how that makes you feel.

Meeting Emotional Needs

Write down one of your most important emotional needs:

Now write down 1-3 specific things your spouse could do to help meet that need. Remember, be specific, use a verb and be positive ("please do this" rather than "stop doing this").

1. _____

2. _____

3. _____

CONVERSATION

Discuss the emotional need and the action steps you have each identified.

Other Ways To Stay Connected

Please visit familylifecanada.live to access the FamilyLife Canada Podcast and the latest digital resources to strengthen your relationship.

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