

Energizing Your Relationships in ONLY Four Weeks

National Relationships Repair Month

His/Her Human Needs

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His/Her Human Needs

Quite often, our relationships go awry for very simple reasons (although the issues may seem complex). In reality, we “conflict” with each other because our basic human needs are not being met.

These needs are our constant and in some ways our closest companions. They never stop driving us and they never go away. You cannot simply resolve a need - it will be back tomorrow or even in five minutes.

Our needs are the primal forces that shape all of our choices. And getting married can be regarded also as an implicit contract where each side promises to help the other find satisfaction to his/her needs.

At the very basic level, frustration of our needs blocks the conditions for a normal life; development as a person is stalled, and thus that person cannot become completely “human.”

Individually, they will continue to feel as if something is missing, or perhaps they know they are being denied satisfaction by others who control the source of love, support, companionship, etc. , but attribute it to being “unworthy.”

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Let's look at some of the basic human needs that, when frustrated, can cause issues within marriages and other relationships.

Human Needs:	How Need Appears:	If Need is Frustrated:
<p>CERTAINTY/ COMFORT</p> <p>We need to feel that our security can be relied upon. We instinctively want to feel pleasure and avoid pain. In this way, we seek secure environments.</p> <p>However, what we must have before we feel “secure” can differ from person to person. We all have the same need, but we have different tastes. That is why one person may feel fine about a situation (perhaps your spouse) but you are not feeling secure. This can cause conflict if not resolved.</p>	<p>Perception of security:</p> <ul style="list-style-type: none"> -A steady companion, -Having constant shelter, -Same people around, -Food provided, -Sleep predictable, -Exercise and company, -Schedules and routines fixed, -Health services available <p>Feelings of:</p> <ul style="list-style-type: none"> -Safety, -Stability, -Consistency, -Security, -Belonging, -Shelter, -Order, -Peace -Self-worth 	<p>Perception of insecurity:</p> <ul style="list-style-type: none"> -Child abandonment, -Lack of nutrition, -Lack of basic care, -Lack of education, -Lack of love and support, -Constant fear of more lack and deprivation, -Mistrust others as providers, -Grandiose dreams compensate lack of security and provide missing feelings of abundance. <p>Feelings of:</p> <ul style="list-style-type: none"> -Hidden Anger; -Hostility expressed as -Insecure, -Restless, -Deprived, -Homeless, -Fragile, -Not worthy, -Abandoned, -Lacking a future.
<p>UNCERTAINTY/ VARIETY</p> <p>Within our sphere of security we also want to feel challenged. Like the body needs rest and exercise. We create variety in our</p>	<p>How Need Appears:</p> <p>Need for:</p> <ul style="list-style-type: none"> -Excitement, -Stimulation, -Variety, 	<p>When Frustrated:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Boredom, -Frustration -Weariness

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<p>lives in different ways We fill our need for variety by actually <i>creating</i> conflict. Remember that conflict is constructive! You just have to use it wisely, to shake things up..</p>	<ul style="list-style-type: none"> -Change, -Diversion, -Pleasure -Challenges; -Surprises; -Crisis craving -Tension 	<ul style="list-style-type: none"> -Alienation -Being caged -Conflict prone -Anxious -Being lost -Being left behind -Apathetic
<p>CONNECTION/ LOVE</p> <p>To receive the love and appreciation of the family; to be considered a very important person, worthy of being loved. When in your life have you felt really loved?</p>	<p>How Need Appears:</p> <p>People have many ways of feeling connection with others – even in the community or in the workplace.</p> <p>Code words for love and connection are:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Togetherness, -Unified, -Bonded -Connected, -Passionate -Being on the same page 	<p>If Need is Frustrated:</p> <p>Not experiencing love and connection very early stunts development. Lacking connection with stable significant others affects brain development and learning; self-esteem and the ability to trust in a possible future.</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Being Ignored -Being Abandoned -Being Rejected -Being Unloved -Unworthiness -Missing identity
<p>SIGNIFICANCE</p> <p>To be appreciated because of one’s own achievements, service, track records or contributions to family well being.</p> <p>To have an important role in the family as the wise elder. Receive respect and influence because of wisdom; because able to</p>	<p>How Need Appears:</p> <p>Every person needs to feel important, needed, wanted. When we were babies, we all needed to feel that we were number one.</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Feeling prideful; -Feeling important, -Feeling competent, 	<p>If Need is Frustrated:</p> <p>Frustrating the need for significance: ignore elders’ contributions; Putting value only in youth, not elders.</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Sense of one’s own life being worthless; -Being not significant;

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<p>give support, or affection. Needing to feel special and important in some way shapes who we are today.</p> <p>You can feel significant by building or achieving something, which is appreciated by others.</p> <p>How do <i>you</i> feel significant? and honored?</p>	<ul style="list-style-type: none"> -Achievement; -Performance; -Discipline; -Competition -Having self-respect; -Having self-esteem; -Demonstrating value. 	<ul style="list-style-type: none"> -Feeling humiliated; -Feeling hopeless, -Feeling not good enough; -Feeling despair; -Doing self-critique; -Having self-hatred -Harboring contempt
<p>GROWTH</p> <p>Similar to our need for variety is our need to constantly grow and improve. It's kind of like our brains telling us to "get busy living or get busy dying." There is only one or the other.</p> <p>Thus, if your relationship isn't growing, what is it doing, need-wise? That's right; it's decaying.</p> <p>Quite often, we fill our need to grow by challenging ourselves to do better (you can see here where the need for variety comes in).</p>	<p>How Need Appears:</p> <p>When you know your life is developing as it should:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Goal accomplishment, -Self-power, -Competence, -Learning, -Efficacy, -Self-expression, -Development; -Integrity; -Enrichment; -Wisdom; -Presence; -Wholeness 	<p>If Need is Frustrated:</p> <p>When you know you are falling behind your potential:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Being stagnating; -Stunted development; -Feeling frustrated, -Feeling insecure, -Feeling worried, -Feeling depressed, -Feeling wretched, -Feeling miserable, -Feeling scared, -Feeling frightful, -Feeling blocked, -Feeling confused,
<p>CONTRIBUTION</p> <p>Many of us may not like to admit it, but we also have a need to contribute (that is, to help people other than ourselves).</p> <p>Contributing to others' well-</p>	<p>How Need Appears:</p> <p>If you feel contributing to society:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Connected, -Helping, 	<p>If Need is Frustrated</p> <p>If you can't contribute to others' help:</p> <p>Feelings of:</p> <ul style="list-style-type: none"> -Feeling Selfish, -Feeling Useless,

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<p>being not only takes the focus off of our sources of pain; it helps us feel connected to other people, so we have another source of value and recognition.</p>	<ul style="list-style-type: none">-Making a difference,-Being efficient,-Feeling skilled,-Feeling generous,-Being selfless,-Being responsible,-Being appreciated,-Being recognized,-Socially valuable.	<ul style="list-style-type: none">-Being not-recognized,-Being not-appreciated-Feeling unimportant,-Feeling impotent,-Lacking skills,-Lacking wisdom,-Being ignored,-Being isolated-Being worthless.
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HIS NEEDS_HER NEEDS: How Needs Get Entangled

But how about being more specific? We need to realize that men and women have different emotional make ups: that means that their emotional needs are bound to be slightly different. Thus, it may be more helpful to look at human needs from a his/hers perspective.

The concept of his and her human needs has been very brilliantly explored by Dr. Willard Harley in his book, "[His Needs, Her Needs: Building an Affair-Proof Marriage.](#)" What he argues in his book is that when the needs of one spouse go ignored by the other, it is a recipe for disaster.

First, let's look at the **five needs of a wife:**

The first need is for affection. To most women affection symbolizes security, protection, comfort, and approval.

When a husband shows his wife affection, he sends the following messages:

- (1) I'll take care of you and protect you;
- (2) I'm concerned about the problems you face, and I am with you;
- (3) I think you've done a good job, and I'm so proud of you.

Men need to understand how strongly women need these affirmations. For the typical wife, there can hardly be enough of them. A hug can communicate all of the affirmations of the previous paragraph. But, affection can be shown in many ways such as: kisses, cards, flowers, dinners out, opening the car door, holding hands, walks after dinner, back rubs, phone calls... there are a thousand ways to say "I love you." From a woman's point of view, affection is the essential cement of her relationship with a man.

The second need is **conversation**. Wives need their husbands to talk to them and to listen to them; they need lots of two-way conversation. In their dating life prior to marriage, most couples spent time showing each other affection and talking. This shouldn't be dropped after the wedding. When two people get married, each partner has a right to expect the same loving care and attention that prevailed during courtship to continue after the wedding. The man who takes time to talk to a woman will have an inside track to her heart.

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The third need is **honesty and openness**. A wife needs to trust her husband totally. A sense of security is the common thread woven through all of a woman's five basic needs. If a husband does not keep up honest and open communication with his wife, he undermines her trust and eventually destroys her security. To feel secure, a wife must trust her husband to give her accurate information about his past, the present, and the future. If she can't trust the signals he sends, she has no foundation on which to build a solid relationship. Instead of adjusting to him, she always feels off balance; instead of growing toward him, she grows away from him.

Financial commitment is a fourth need a wife experiences. She needs enough money to live comfortably: she needs financial support. No matter how successful a career a woman might have, she usually wants her husband to earn enough money to allow her to feel supported and to feel cared for.

The fifth need is **family commitment**. A wife needs her husband to be a good father and have a family commitment. The vast majority of women who get married have a powerful instinct to create a home and have children. Above all, wives want their husbands to take a leadership role in the family and to commit themselves to the moral and educational development of their children.

Preventing Adultery:

His Needs Now, let's look at the **five needs husbands have**. The first is sexual fulfillment. The typical wife doesn't understand her husband's deep need for sex anymore than the typical husband understands his wife's deep need for affection. But these two ingredients can work very closely together in a happy, fulfilled marriage. Sex can come naturally and often, if there is enough affection.

The second need for a man is **recreational companionship**. He needs her to be his playmate. It is not uncommon for women, when they are single, to join men in pursuing their interests. They find themselves hunting, fishing, playing football, and watching sports and movies they would never have chosen on their own. After marriage wives often try to interest their husbands in activities more to their own liking. If their attempts fail, they may encourage their husbands to continue their recreational activities without them. But this option is very dangerous to a marriage, because men place surprising importance on having their wives as recreational companions. Among the five basic male needs, spending recreational time with his wife is second only to sex for the typical husband.

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A husband's third need is an **attractive spouse**. A man needs a wife who looks good to him. Dr. Harley states that in sexual relationships most men find it nearly impossible to appreciate a woman for her inner qualities alone--there must be more. A man's need for physical attractiveness in a mate is profound.

The fourth need for a man is **domestic support**. He needs peace and quiet. So deep is a husband's need for domestic support from his wife that he often fantasizes about how she will greet him lovingly and pleasantly at the door, about well-behaved children who likewise act glad to see him and welcome him to the comfort of a well-maintained home. The fantasy continues as his wife urges him to sit down and relax before taking part in a tasty dinner. Later the family goes out for an evening stroll, and he returns to put the children to bed with no hassle or fuss. Then he and his wife relax, talk together, and perhaps watch a little television until they retire at a reasonable hour to love each other. Wives may chuckle at this scenario, but this vision is quite common in the fantasy lives of many men. The male need for his wife to "take care of things"—especially him--is widespread, persistent, and deep.

The fifth need is **admiration**. He needs her to be proud of him. Wives need to learn how to express the admiration they already feel for their husbands instead of pressuring them to greater achievements. Honest admiration is a great motivator for men. When a woman tells a man she thinks he's wonderful, that inspires him to achieve more. He sees himself capable of handling new responsibilities and perfecting skills far above those of his present level.

If any of a spouse's five basic needs go unmet, that person becomes vulnerable to the temptation of an affair. Therefore, the best way to prevent adultery is to meet the needs of your spouse.

Reference: [A Very Long Engagement](#)

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