

What Do You Want from Your Relationship?

Objective

To identify your relationship wants and desires.

You Should Know

You might be able to describe what you *don't* want in your relationship, but are you aware of what you *do* want? It is often easy to focus on problems or what is “wrong” in the relationship. As a result, when you communicate with your partner, you may find it far easier to complain or express your dissatisfaction, rather than clearly state or ask for what you actually desire.

What to Do

Make a copy of this worksheet for each partner. After you have both completed it, share your responses without judging or criticizing.

The following list includes wants and desires that a large number of people have identified as very important to them. Read the statements and rate the importance of each desire on a scale of 1 to 10, where 1 = not at all important, to 10 = extremely important. Once you have reviewed each item, rank your top ten most important wants or desires.

I have a desire to:

Feel connected through talking.	1	2	3	4	5	6	7	8	9	10
Feel connected through sharing recreation/fun times together.	1	2	3	4	5	6	7	8	9	10
Experience touch in a non-sexual way.	1	2	3	4	5	6	7	8	9	10
Have sex.	1	2	3	4	5	6	7	8	9	10
Receive verbal tenderness.	1	2	3	4	5	6	7	8	9	10
Receive physical tenderness.	1	2	3	4	5	6	7	8	9	10
Be supported as I live by society's laws and rules.	1	2	3	4	5	6	7	8	9	10
Be supported as I live by the rules or tenets of my religion.	1	2	3	4	5	6	7	8	9	10
Know we'll stay together and feel secure in love.	1	2	3	4	5	6	7	8	9	10
Know we'll stay together and feel financially secure.	1	2	3	4	5	6	7	8	9	10
Feel accepted and valued for who I am.	1	2	3	4	5	6	7	8	9	10
Feel accepted and valued for what I do.	1	2	3	4	5	6	7	8	9	10
Feel safe when I am vulnerable.	1	2	3	4	5	6	7	8	9	10
Be included in decisions that affect my life or relationship.	1	2	3	4	5	6	7	8	9	10
Experience agreement and harmony in decision making.	1	2	3	4	5	6	7	8	9	10

Know that my partner needs me.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to give money away.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to give gifts to others.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to serve others.	1	2	3	4	5	6	7	8	9	10
Receive genuine praise and validation.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to have alone time.	1	2	3	4	5	6	7	8	9	10
Be physically attracted to my partner.	1	2	3	4	5	6	7	8	9	10
Know my partner is honest and trustworthy.	1	2	3	4	5	6	7	8	9	10
Be supported when I help younger people.	1	2	3	4	5	6	7	8	9	10
Receive gifts.	1	2	3	4	5	6	7	8	9	10
Receive help when I need it.	1	2	3	4	5	6	7	8	9	10
Receive genuine appreciation.	1	2	3	4	5	6	7	8	9	10

I have a desire for my partner to:

Develop a future plan for our relationship.	1	2	3	4	5	6	7	8	9	10
Be faithful.	1	2	3	4	5	6	7	8	9	10
Become emotionally healthy.	1	2	3	4	5	6	7	8	9	10
Maintain a mutually-vibrant spiritual relationship.	1	2	3	4	5	6	7	8	9	10
Apologize and seek forgiveness.	1	2	3	4	5	6	7	8	9	10
Resolve differences/conflicts/arguments with me.	1	2	3	4	5	6	7	8	9	10
Engage in mutually-satisfying communication.	1	2	3	4	5	6	7	8	9	10
Effectively cope with crises and stress.	1	2	3	4	5	6	7	8	9	10
Understand me.	1	2	3	4	5	6	7	8	9	10
Demonstrate a willingness to change (flexibility).	1	2	3	4	5	6	7	8	9	10
Work as a team to raise our children (if applicable).	1	2	3	4	5	6	7	8	9	10
Be passionate and romantic.	1	2	3	4	5	6	7	8	9	10
Socially connect with others.	1	2	3	4	5	6	7	8	9	10

What are your top ten desires?

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Did any of your partner's answers surprise you? Explain.

Reflections on This Exercise

What did you learn from this exercise?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to make progress in this area?
