

76 Ways You Can Meet My Needs

- Tell me you love me
- Hold my hand
- Make eye contact when we talk
- Tell me when you need a time out
- Ask me about my day
- Forgive me
- Leave the past in the past
- Act like you like me
- Light up when you see me
- Greet me at the door with a kiss
- Compliment my looks
- Tell me you are proud of my accomplishments
- Snuggle with me
- Play with my hair
- Touch my head
- Smile at me
- Use kind words
- Spend time with me doing_____
- Make my favorite meal for me
- Take me out on a spontaneous date
- Tell me reasons you love or respect me
- Pick up your dirty clothes
- Go on a walk with me
- Speak positively about me in public
- Confront or challenge me privately
- Avoid using the "D" word
- Allow me to have time alone
- Validate my opinion even if you disagree
- Let me have a voice
- Notice when the house is clean
- Notice when the yard looks nice
- Notice when I look nice
- Give me an unexpected hug
- Give me a back rub or massage
- Take a shower with me
- Approach me sexually
- Have a quiet conversation with me
- Plan a weekend away together
- Give advice only when I ask
- Hold me when I am upset or crying
- Weep with me
- Carefully listen to me and reflect what I said
- Give me an unexpected gift
- Bring me flowers
- Help me with the chores without me asking
- Remember special occasions like birthdays, Valentine's Day, our anniversary
- Refrain from going out with people of the opposite sex alone
- Help put the children to bed
- Read the kids a Bible story
- Have devotions or Bible study with me
- Make dinner with me
- Ask my opinion before making big decisions
- Make a sacrifice to spend time with me
- Ask what you can do to help
- Allow me to tell you my thoughts and feelings
- Attend church with me
- Reassure me when I make a mistake
- Text me or emails during the day
- Tell me where you will be
- Tell me when you will be home
- Call me if you will be late
- Include me when you _____
- Be open and honest
- introduce me to your friends
- Stand up for me when others disrespects me
- Share your thoughts and feelings with me
- Admit your mistakes and ask for forgiveness
- Care about my pain
- Tell me you appreciate what I do for you
- Pray with me
- Do the things I like to do with me
- Be silly and make me laugh
- Challenge me to grow and grow with me
- Make the Lord your highest priority
- Make me your second highest priority
- Make the kids your third highest priority