

## THE GPS COORDINATE TO MY HEART

THE ONLY WAY FOR YOUR PARTNER TO KNOW YOUR HEART AND TO MEET YOUR NEEDS IS FOR YOU TO REVEAL YOURSELF TO YOUR PARTNER. YOU MUST ASK FOR WHAT YOU NEED. THIS EXERCISE GIVES YOU THE OPPORTUNITY TO REVEAL HOW YOU WOULD LIKE FOR YOUR PARTNER TO MEET YOUR NEEDS. IDENTIFY 3 (OR MORE) SPECIFIC WAYS YOUR PARTNER COULD MEET EACH OF YOUR TOP 10 NEEDS. THEN VULNERABLY SHARE YOUR NEEDS WITH YOUR PARTNER.

"One of my important need is \_\_\_\_\_. "You could meet this by...

When you do this, you will be handing your partner the GPS coordinates to your heart.

Acceptance

1

2

3

Affection

1

2

3

Appreciation

1

2

3

Approval

1

2

3

Attention

1

2

3

Comfort

1

2

3

Encouragement

1

2

3

Respect

1

2

3

Security

1

2

3

Support

1

2

3

# Top Ten Relational Needs

Instructions: Select three needs that are typically important to you

You		Other (Friend, Coworker)
<input type="radio"/>	<b>Acceptance:</b> Receiving another person willingly and unconditionally, even when the other's behavior has been imperfect. Loving another in spite of differences or failures.	<input type="radio"/>
<input type="radio"/>	<b>Affection:</b> Expressing care and closeness through physical touch; saying "I love you" or "I care about you."	<input type="radio"/>
<input type="radio"/>	<b>Appreciation:</b> Expressing thanks, praise or commendation. Recognizing accomplishment or effort particularly for what someone does.	<input type="radio"/>
<input type="radio"/>	<b>Approval (Blessing):</b> Building up or affirming another particularly for who they are; affirming both the fact of, and the importance of a relationship.	<input type="radio"/>
<input type="radio"/>	<b>Attention:</b> Conveying appropriate interest, concern, and care; taking thought of another; entering another's world. I want to know what the world looks like from your perspective (not see what you look like from my perspective)	<input type="radio"/>
<input type="radio"/>	<b>Comfort:</b> Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain.	<input type="radio"/>
<input type="radio"/>	<b>Encouragement:</b> Urging another to persist and persevere toward a goal; stimulating toward love and good deeds, particularly when someone is weary.	<input type="radio"/>
<input type="radio"/>	<b>Respect:</b> Valuing and regarding one another highly; treating one another as important; honoring one another.	<input type="radio"/>
<input type="radio"/>	<b>Security (Peace):</b> Ensuring harmony in relationships even as conflicts are resolved, trust is deepened and vulnerability is expressed; Providing freedom from fear or threat of harm.	<input type="radio"/>
<input type="radio"/>	<b>Support:</b> Coming alongside and gently helping with a problem or struggle; providing appropriate assistance.	<input type="radio"/>

Share with each other your priority needs. Then talk about how you each prefer those needs to be met. Use this sheet to note the other person's responses. Then ask, what would it look like for the other person's priority needs to be met?

# 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

# Ten Key Relational Needs

Instructions: Look over this list of ten relational needs. First, mark the three (3) needs you consider the most important to you right now. Next, mark the three (3) needs you think your spouse would consider most important to receive right now.

You	Relational Needs	Spouse
<input type="checkbox"/>	<b>Acceptance:</b> Receiving another person willingly and unconditionally, even when the other's behavior has been imperfect. Loving another in spite of differences or failures	<input type="checkbox"/>
<input type="checkbox"/>	<b>Affection:</b> Expressing care and closeness through physical touch; saying "I love you" or "I care about you".	<input type="checkbox"/>
<input type="checkbox"/>	<b>Appreciation:</b> Expressing thanks, praise or commendation, Recognizing accomplishment or effort, particularly for what someone does .	<input type="checkbox"/>
<input type="checkbox"/>	<b>Approval (Blessing):</b> Building up or affirming another, particularly for who they are; affirming both the fact of, and the importance of, a relationship	<input type="checkbox"/>
<input type="checkbox"/>	<b>Attention:</b> Conveying appropriate interest, concern, and care; taking thought of another; entering another's world	<input type="checkbox"/>
<input type="checkbox"/>	<b>Comfort:</b> Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain.	<input type="checkbox"/>
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<input type="checkbox"/>	<b>Respect:</b> Valuing and regarding one another highly; treating one another as important; honoring one another.	<input type="checkbox"/>
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<input type="checkbox"/>	<b>Support:</b> Coming alongside and gently helping with a problem or struggle; providing appropriate assistance.	<input type="checkbox"/>

Share with each other your priority needs. Then talk about how you each prefer those needs to be met. Use this sheet to note the responses of your spouse. Then, plan for how you can begin to meet those needs. Give first!

# Developing Relational Skills of Emotional Responding

## Unproductive Responses



Emotional Need/Hurt



Typical Unproductive responses



A classic communication gap develops \_\_\_\_\_  
"We just can't communicate!"

"I feel hurt when..."  
"I'm needing some reassurance that"  
"Some affirmation and encouragement would really help"  
"I'm just feeling down and I don't know why"

These responses always *miss* the target of meeting or healing emotional issues

### Facts, Logic, and Reason

"I wouldn't have done that if..."  
"That's just the way "

### Criticism

"You're sure sensitive!" "I wouldn't have hurt you if you..."

### Complaints

(My Hurt/Need) "Well, I'm hurt too, you know." "Yes, I wish you would..."

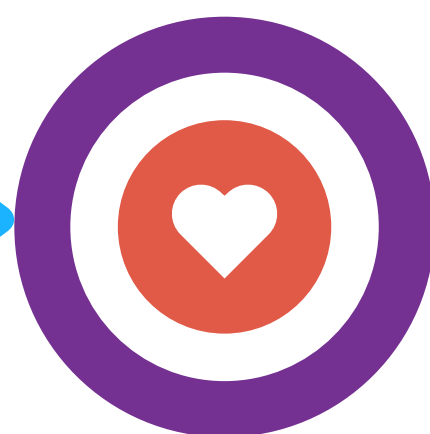
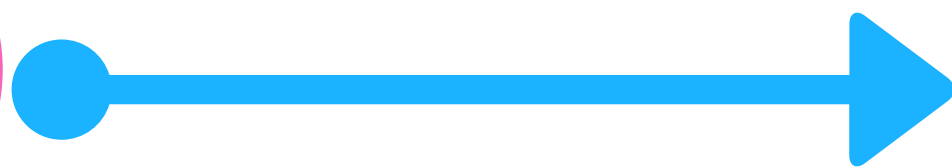
### Neglect

"Let's just change the subject!"

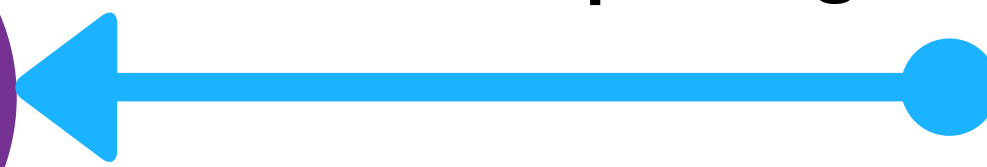
## Emotional Responding



Emotional Need/Hurt



Emotional Responding



Always Include:

Understanding ◊ Empathy ◊ Gentleness ◊ Reassurance

and often times must include confusion!

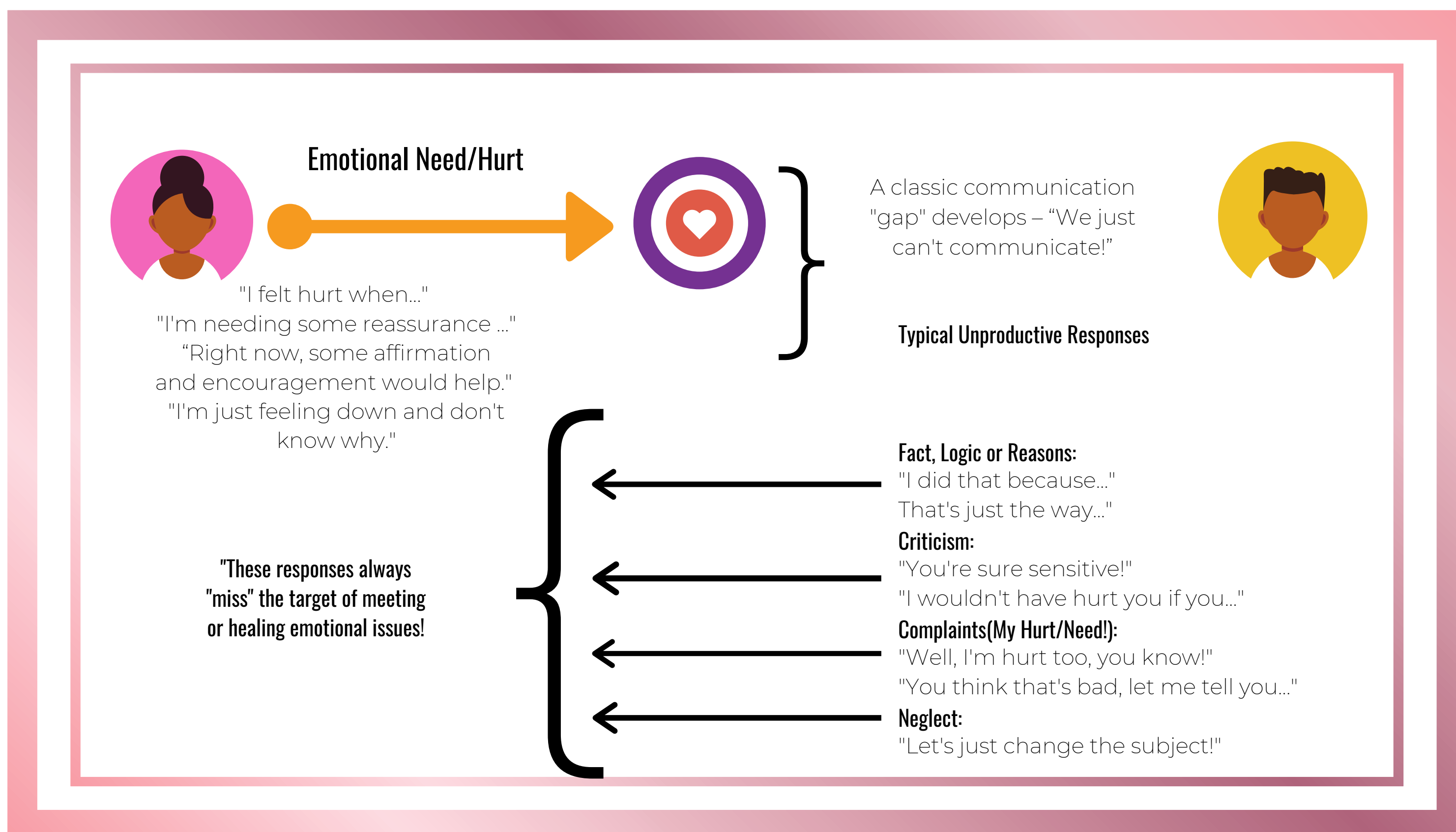
This brings healing, understanding, fulfillment and closeness

### Examples of Productive Emotional Responses

- I can really see that you're hurting (or \_\_\_\_\_)
- I don't like to see you hurting.
- It saddens me to see you so fearful (or \_\_\_\_\_)
- I deeply care about you and love you.
- I'm committed to going through this with you.
- I genuinely regret my part in hurting you.
- Can you share with me how I've hurt you... and how it made you feel? I want to understand and make it right.
- I now see that I hurt you by my \_\_\_\_\_ and that was wrong of me...will you forgive me?

# Developing Intimacy Skills - Emotional Responding

## Unproductive Responses



## Emotional Responding

