

75 Ideas to Meet a Relational Need

- 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 when I enter a room
- Compliment me
- Tell me you are proud of a specific accomplishment
- 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
- Take me out on a spontaneous date
- Tell me reasons you love or respect me
- Pick up after yourself
- Go on a walk with me
- Compliment me to others
- Use NonViolent Communication in confrontations
- Give me space
- Validate and honor my perspective even when we differ
- Listen to me without interrupting
- Notice when things are nice
- Compliment my work in making things nice
- Give me non-sexual affection for "no reason"
- Tend to my physical needs
- Be playful with me (sexually and non sexually)
- Be sensual with me
- Clearly label your needs and requests (set me up for success)
- Have a conversation with me
- Plan an event, as thoroughly as I would
- Show interest in me (sexual and non sexual)
- Continue to get to know me (don't take me for granted)
- Keep me company when I am upset (don't let me suffer alone)
- Weep with me
- Carefully listen to me and reflect what I said
- Give me unexpected gifts
- Bring me flowers
- Do your share of the labor without being asked or reminded
- Remember and mark special occasions
- Include me in plans (consider my needs and preferences)
- Be caringly involved with my family
- Include me as part of your family
- Respect my religious beliefs, participate if you feel comfortable
- Spend time with me even as I do tasks you're not involved in
- Work to understand how my brain works
- Honor my unique neurotype
- Use my correct pronouns
- Prioritize time with me
- Call me by the name and endearments I prefer
- Only make decisions that affect me with consideration of me
- Follow through with your promises
- Make amends when you err
- Make plans to end problematic patterns
- Be curious about my thoughts and feelings
- Tell me your thoughts and feelings
- Reassure me when i feel insecure
- Keep in contact through the day
- Keep me updated on what to expect
- Be open and honest
- Stand up for me
- Support me in standing up for myself
- Divest from oppressive patterns
- Admit your mistakes and ask forgiveness
- Care about my pain and offer comfort
- Care about what I like and enjoy it with me
- Challenge yourself to grow, and me with you
- Prioritize your health so that you can be available for our relationship
- Prioritize our relationship