

*The Needs
Assessment*

1. *Loving God, Yourself, and Others*

Marriage is the intimate, exclusive, indissoluble communion of life and love entered by man and woman at the design of their Creator for the purpose of their own good and the procreation and education of children; this covenant between baptized persons has been raised by Christ the Lord to the dignity of a sacrament.

Intimate communion of life and love:
Marriage is the closest and most intimate of human friendships. It involves the sharing of the whole of a person's life with his/her spouse. Marriage calls for a mutual self-surrender so intimate and complete that spouses – without losing their individuality – become 'one,' not only in body, but in soul.

Exclusive communion of life and love:
As a mutual gift of two persons to each other, this intimate union excludes such union with anyone else. It demands total fidelity of the spouses. This exclusivity is essential for the good of the couple's children as well.

Indissoluble communion of life and love:
Husband and wife are not joined by passing emotion or mere erotic inclination which, selfishly pursued, fades quickly away. They are joined in authentic conjugal love by the firm and irrevocable act of their own will. Once their mutual consent has been consummated by genital intercourse, an unbreakable bond is established between the spouses. For the baptized, this bond is sealed by the Holy Spirit and becomes absolutely indissoluble. Thus, the Church does not so much teach that divorce is wrong, but that divorce is impossible, regardless of its civil implications.

-Christopher West

Genesis 3:1-6

God created humans for intimate relationship. When Adam and Eve broke the relationship through disobedience (sin), the first two emotions they experienced were:

1. Shame: (a sense that I am flawed and broken) We want to cover ourselves.
2. Fear: causes us to hide; wear masks.

Shame and fear prevent us from connecting in loving relationships to Father, to others, and to ourselves. Father's remedy for our shame and fear is unconditional acceptance and love.

Shame and fear motivate us to do something. It motivated Adam and Eve to put on fig leaves and to hide. Shame and fear keep relationships in pain and prevent us from thinking and feeling in healthy ways. The pain we feel will always cause us to do something to avoid it and thus, we will always pursue something pleasurable (fig leaves and hiding) so we do not have to feel the pain.

What do you do when you feel insecure, not good enough, or unloved? What are your 'fig leaves' and how do you 'hide?'

How would intimacy with God the Father help with this struggle of fig leaves and masks?

2. Needy and Okay with It

God created humanity not only in a peaceful and loving environment, He also made people dependent and needy. Yes, needy. Humans at their core are needy and all needs must be met.

We all have the following needs:

- ♥ Spiritual Needs: Communion with God
- ♥ Intellectual Needs: Need for information and knowledge
- ♥ Emotional Needs: We have needs in our emotional realm that are essential to our emotional, spiritual, relational, and physical health.
- ♥ Physical Needs: These basic physical needs are things such as food, water, shelter, are and bonding.

All needs must be met. When needs are met we will always feel a sense of satisfaction and pleasure. When needs go unmet, we enter into pain and discomfort.

God is the only one who meets all needs. We tend to think that we can meet our own needs, but without God constantly providing for us, we would not have our needs met. Scripture tells us that He will provide for all our needs (this does not say only physical needs) according to His riches in Christ Jesus. And, when it comes to the needs of the heart, God intentionally designed us so that these needs will be met by others/ Think of the numerous passages in Scripture that tell us to encourage one another, support one another, love one another, comfort one another, pray for one another, et cetera.

American culture and Christianity have a tendency to think individualistically and not in terms of community.

If we embraced the idea that we are all dependent on relationships, how would this make a difference in your life and your relationships?

3. C.A.⁵R.E.S.²

Core Needs

Understanding the Needs

Comfort

To soothe, console, or reassure. Responding to a hurting person with words, feelings, and touch. (Rom 12:15b, Matt 5:4, 2 Cor 1:4, John 11:35)

Acceptance

Favorable reception. Receiving and loving another person willingly and unconditionally, especially when the other person's behavior has been imperfect. (Rom 15:7)

Affection

A tender feeling toward one another. Expressing thanks and praise for what one another has accomplished or completed. (Rom 16:16, Mark 10:16)

Appreciation

And expression of gratitude. Expressing thanks and praise for what someone else has accomplished or completed. (Col 3:15b, 1 Cor 11:2)

Approval

Formal permission or sanction. Building up or affirming one another; professing both the fact of and the importance of the person. A blessing. (Eph 4:29, Mark 1:11)

Attention

Awareness. Consciousness. Conveying appropriate interest, concern, and care; taking thought of one another; entering their point of view. (1 Cor 12:25)

Respect

The state of being regarded or esteemed. Valuing and regarding another highly; treating another with good will. (Rom 12:11)

Encouragement

The act of giving hope and support to someone. Urging one another to persist and persevere toward a goal; stimulating toward love and good deeds. (1 Thess 5:11, Heb 10:24)

Security

Well-founded confidence. Relationship harmony; freedom from fear or threat of harm. (Rom 12:16, 18)

Support

To uphold by aid or assistance; coming alongside and gently helping with a problem or struggle. (Gal 6:2)

4. C.A.⁵R.E.S.² Assessment Tool

Instructions: Respond to each statement by placing the appropriate number beside it.

Used with permission by Dr. David Ferguson in connection with the RelateWell Institute.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-2	-1	0	1	2

- ___ 1. It's important that people receive me for who I am – even if I'm a little 'different.'
- ___ 2. It's very important to me that my financial world be in order.
- ___ 3. I sometimes become 'weary in well-doing.'
- ___ 4. It's vital to me that others ask me for my opinion.
- ___ 5. It's important that I receive frequent physical hugs, warm embraces, et cetera.
- ___ 6. I feel especially good when someone 'enters into my world' or sees from my point of view.
- ___ 7. It's important for me to know 'where I stand' with those in authority over me.
- ___ 8. It is meaningful to me when someone notices I need help and they offer to get involved.
- ___ 9. If I feel overwhelmed, I especially want someone to come alongside me and help me.
- ___ 10. I feel blessed when someone sees and shows concern for how I'm doing emotionally.
- ___ 11. I always like to know if 'who I am' is of value and is meaningful to others.
- ___ 12. Generally speaking, I don't like a lot of solitude or being alone.
- ___ 13. It means a lot to me for loved ones to initiate an 'I love you.'
- ___ 14. I resist being seen as only a part of a large group – my individuality is important to me.
- ___ 15. I am particularly blessed when a friend calls to listen and encourage me.
- ___ 16. It's important that people acknowledge me not just for what I do, but for who I am.
- ___ 17. I feel best when my world is orderly and somewhat predictable.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

-2

-1

0

1

2

___ 18. When I've worked hard on a project, I am pleased to have people acknowledge my work and express gratitude.

___ 19. When I screw up or blow it, it is important to me to be reassured that I am still loved.

___ 20. It's particularly encouraging to me when others notice my passions.

___ 21. I sometimes feel overwhelmed and discouraged.

___ 22. I want to be treated with equality regardless of my race, gender, looks or status.

___ 23. The sexual aspect of our marriage is/would be very important to me.

___ 24. I love it when someone wants to spend time with just me.

___ 25. I am particularly blessed when a superior tells me that I did a good job at something.

___ 26. It's very important to me for someone to hold me and love me after I've had a hard day.

___ 27. While I feel confident about what I do (my talents, gifts, et cetera), I always sense that I need other people's input and help.

___ 28. Written notes and calls expressing sympathy after the death of a loved one, health problems, divorce, et cetera, are very meaningful to me.

___ 29. I feel good when someone close to me shows satisfaction with the way I am.

___ 30. I enjoy being spoken of or mentioned in front of a group of people.

___ 31. I would be described as a 'touchy-feely' person.

___ 32. When a decision is going to affect my life, it is important to me that I have a say in it.

___ 33. I am particularly blessed when someone shows interest in the projects I am working on.

___ 34. I appreciate trophies, plaques, and special gifts, which are a permanent reminder of something significant that I have done.

___ 35. I sometimes worry about the future.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

-2

-1

0

1

2

___ 36. When I am introduced into a new environment, I immediately search for a group of people to connect with.

___ 37. The thought of change (moving, new job, et cetera) produces anxiety for me.

___ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.

___ 39. It's necessary for me to be surrounded by friends and loves on who will be there through the 'thick and thin.'

___ 40. I am particularly blessed by written notes and phrases of gratitude.

___ 41. To know that someone is praying for me is very meaningful.

___ 42. I am particularly bothered by 'controlling' people.

___ 43. I am blessed by unmerited and spontaneous expressions of love.

___ 44. I am pleased when someone makes eye contact with me and listens to me speak.

___ 45. I am very blessed when people commend me for a Godly characteristic I exhibit.

___ 46. I never want to be alone when experiencing hurt and trouble – it's important for me to have someone physically present with me.

___ 47. I really don't enjoy working on a project by myself; I prefer to have a partner.

___ 48. It's important for me to feel a 'part of the group.'

___ 49. I really respond to someone who tries to understand me emotionally and who shows loving concern.

___ 50. When working on a project, I would much rather work with a team of people than by myself.

5. C.A.⁵R.E.S.² Assessment Tool

Comfort

10 _____

26 _____

28 _____

46 _____

49 _____

Total: _____

Approval

7 _____

11 _____

25 _____

29 _____

45 _____

Total: _____

Security

2 _____

17 _____

35 _____

37 _____

39 _____

Total: _____

Acceptance

1 _____

19 _____

36 _____

38 _____

48 _____

Total: _____

Attention

6 _____

12 _____

24 _____

30 _____

44 _____

Total: _____

Support

8 _____

9 _____

27 _____

47 _____

50 _____

Total: _____

Affection

5 _____

13 _____

23 _____

31 _____

43 _____

Total: _____

Respect

4 _____

14 _____

22 _____

32 _____

42 _____

Total: _____

Appreciation

16 _____

18 _____

20 _____

34 _____

40 _____

Total: _____

Encouragement

3 _____

15 _____

21 _____

33 _____

41 _____

Total: _____

6. Meet My Needs

After taking the CA⁵RES² assessment, I have discovered that my Top 3 Priority Needs are:

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions for what you, as my spouse, could do (C.A.R.E. behavior) to meet the need for my Priority Need #1.

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions for what you, as my spouse, could do (C.A.R.E. behavior) to meet the need for my Priority Need #2.

- 1) _____
- 2) _____
- 3) _____

Below are my suggestions for what you, as my spouse, could do (C.A.R.E. behavior) to meet the need for my Priority Need #3.

- 1) _____
- 2) _____
- 3) _____

C.A.R.E. = Clear, Attainable, Realistic, brings Energy (i.e. you can meet my need for affection by sitting down and watching TV with me for at least 30 minutes, twice a week.)

Once completed, share your answers with your spouse, along with your C.A.R.E. suggestions about how they can help meet your needs.

7. Meet Your Needs

Now record your spouse's answers from 'Meet My Needs.'

I have discovered that the Top 3 Priority Needs for my spouse are:

- 1) _____
- 2) _____
- 3) _____

Below are their suggestions for what I, as their spouse, could do (C.A.R.E. behavior) to meet the need for their Priority Need #1.

- 1) _____
- 2) _____
- 3) _____

Below are their suggestions for what I, as their spouse, could do (C.A.R.E. behavior) to meet the need for their Priority Need #2.

- 1) _____
- 2) _____
- 3) _____

Below are their suggestions for what I, as their spouse, could do (C.A.R.E. behavior) to meet the need for their Priority Need #3.

- 1) _____
- 2) _____
- 3) _____

C.A.R.E. = Clear, Attainable, Realistic, brings Energy

You must BE a good partner to have a good partner.

Caring Behaviors

Make a list of words or behaviors you need
that help you feel loved, respected, accepted and supported.
Exchange this list with your partner's list so you both have a "target"
of how to love each other in the ways that matter most.
{Intentional Love Deposits}

1. Tell me something you appreciate about me every day♥
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

*"...for whatever a man sows, that he will reap...let us not grow weary while doing good,
for in due season we shall reap if we do not lose heart" Galatians 6:7-9*

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