

TOP TEN RELATIONAL NEEDS

Does it frustrate you when you've told your spouse over and over how to love you and yet they still miss the mark? Through a course/book called Intimate Encounters written by David and Teresa Ferguson, they identified Top Ten Relational Needs. Are you like some couples where none of the Top 5 Love Languages really fit? Read through this list and see if there are a couple relational needs that better define your love language needs...and then hand the list to your spouse!

1. Acceptance - Receiving others willingly and unconditionally (even when their behavior has been imperfect) and loving them in spite of any differences that may exist between you and me. (Romans 15:7)
2. Affection - Expressing care and closeness through physical touch and through words such "I love you" or "I care about you." (Romans 16:16, Mark 10:16)
3. Appreciation - Expressing thanks, praise, or commendation, particularly in recognition of someone's accomplishments or efforts. (1 Corinthians 11:2, Colossians 3:15b)
4. Approval (Blessing) - Building up or affirming another person, particularly for who they are (as opposed to what they do) affirming both the fact and the importance of our relationship with another person. (Ephesians 4:29, Mark 1:11)
5. Attention - Conveying appropriate interest, concern and care; taking notice of others and making an effort to enter into their respective worlds (1 Corinthians 12:25)

6. Comfort - Caringly responding to a hurting person through words, actions, emotional responses, and physical touch; hurting with and for others in the midst of their grief or pain. (Romans 12:15, Matthew 5:4, 2 Corinthians 1:3,4)
7. Encouragement - Urging others to persist and persevere in their efforts to attain their goals, stimulating others toward love and good deeds. (1 Thessalonians 5:11, Hebrews 10:24)
8. Respect - Valuing one another highly, treating one another as important and honoring one another with our words and actions. (Romans 12:10, 1 Peter 2:17)
9. Security (Peace) - Establishing and maintaining harmony in our relationships and providing freedom from fear or threat of harm through expressions of vulnerability, deepening of trust, and the successful resolution of conflict. (Romans 12:16, 18)
10. Support - Coming alongside others and providing gentle, appropriate assistance with a problem or struggle. (Galatians 6:2)

I love this additional list because it helps my husband understand me better. I knew 'respect' was at the top of my list but 'attention' was just as important to me. It always warms my heart when I see him make extra effort to meet my needs. I learned long time ago if your spouse doesn't come by one of these love languages naturally, keep in mind how much love it takes to do something outside your/their comfort zone.

Are you a member of our website? Then click over to the [Marriage Forum](#) and let us know if these Relational Needs helped you identify a more specific love language?

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