

Relationship Needs Assessment

In each section, check which items are a NEED, then put a * next to items that are a NON-NEGOTIABLE.

Emotional Needs

- ☐ Feeling emotionally safe and secure
- ☐ Having open, honest communication
- ☐ Receiving consistent affection (verbal or physical)
- ☐ Respect for my opinions, thoughts, and choices
- ☐ Having a partner who actively listens
- ☐ Feeling valued and appreciated
- ☐ Mutual empathy and compassion
- ☐ Ability to share vulnerabilities without judgment
- ☐ Emotional availability (not shutting down or withdrawing)
- ☐ Validation of my feelings and experiences
- ☐ Partner expresses love in ways meaningful to me
- ☐ Support during stress, illness, or hard times
- ☐ Being able to laugh together in difficult moments
- ☐ A partner who apologizes and repairs when wrong
- ☐ Regular verbal affirmations of love and care
- ☐ Shared emotional responsibility (not one-sided)
- ☐ Feeling prioritized (not taken for granted)
- ☐ Security in knowing where I stand in the relationship
- ☐ Stability and predictability in emotional responses
- ☐ Mutual encouragement of emotional growth

Lifestyle & Practical Needs

- ☐ Shared long-term life goals
- ☐ Agreement on desire for children or not
- ☐ Shared parenting styles (if applicable)
- ☐ Compatible financial values and budgeting
- ☐ Agreement on saving vs. spending priorities
- ☐ Similar approach to work-life balance
- ☐ Division of household responsibilities
- ☐ Shared vision for living arrangements (urban, rural, etc.)
- ☐ Compatibility around social life (introvert vs. extrovert balance)
- ☐ Agreement on leisure activities (travel, hobbies, downtime)
- ☐ Alignment on health and wellness priorities

Relationship Needs Assessment (Cont.)

Lifestyle & Practical Needs (Cont.)

- ☐ Similar tolerance for cleanliness and organization
- ☐ Agreement on pets and animal care
- ☐ Compatible daily routines (sleep, eating, activity levels)
- ☐ Willingness to compromise on logistical differences
- ☐ Shared commitment to financial transparency
- ☐ Mutual support for career goals
- ☐ Compatibility in holiday/tradition celebrations
- ☐ Agreement on extended family involvement
- ☐ Flexibility in adjusting to life changes together

Intimacy & Connection

- ☐ Physical intimacy and sexual compatibility
- ☐ Mutual consent and respect in sexual activities
- ☐ Open communication about sexual needs/desires
- ☐ Regular physical affection (hugs, kisses, hand-holding)
- ☐ Balance of intimacy and independence
- ☐ Ability to maintain passion over time
- ☐ Shared desire for sexual exclusivity (or clarity on structure)
- ☐ Respect for changes in libido or needs over time
- ☐ Shared rituals of connection (date nights, traditions)
- ☐ Emotional intimacy in addition to physical intimacy
- ☐ Playfulness and sense of humor
- ☐ Shared spiritual/meaningful connection (if valued)
- ☐ Feeling desired and attractive to my partner
- ☐ Partner initiates intimacy, not always one-sided
- ☐ Comfort discussing intimacy without shame
- ☐ Enjoyment of shared adventures/novelty together
- ☐ Alignment on PDA (public displays of affection)
- ☐ Commitment to repair after conflicts
- ☐ Interest in maintaining friendship alongside romance
- ☐ Celebrating milestones and achievements together

Relationship Needs Assessment (Cont.)

Personal Values & Beliefs

- ☐ Shared honesty and integrity
- ☐ Commitment to loyalty and trustworthiness
- ☐ Similar religious/spiritual beliefs (if important)
- ☐ Respect for differing spiritual views
- ☐ Shared political/social values (if important to me)
- ☐ Mutual respect for cultural backgrounds
- ☐ Commitment to kindness toward others
- ☐ Alignment in views on gender roles (if important)
- ☐ Respect for human rights and equality
- ☐ Shared environmental or social responsibility (if valued)
- ☐ Commitment to self-growth and reflection
- ☐ Alignment in educational values
- ☐ Agreement on honesty in finances, friendships, and outside interactions
- ☐ Respect for my family and heritage
- ☐ Willingness to challenge each other respectfully
- ☐ Shared priorities in community or social involvement
- ☐ Agreement on boundaries around friendships with ex-partners
- ☐ Shared vision of marriage/commitment meaning (if relevant)
- ☐ Consistency in living values (not hypocrisy)
- ☐ Agreement on handling moral dilemmas or ethical challenges

Boundaries & Dealbreakers

- ☐ No tolerance for physical abuse
- ☐ No tolerance for emotional/verbal abuse
- ☐ No tolerance for sexual coercion/abuse
- ☐ No tolerance for financial manipulation/control
- ☐ No active substance abuse without treatment
- ☐ Clear agreement on monogamy/polyamory expectations
- ☐ No infidelity or dishonesty in agreements
- ☐ Respect for personal privacy (phones, messages, etc.)
- ☐ Respect for autonomy in friendships and interests
- ☐ Agreement on use of substances (alcohol, marijuana, etc.)
- ☐ Respect for time apart and individuality
- ☐ No controlling or possessive behaviors
- ☐ Willingness to seek help (therapy, mediation) if needed
- ☐ Mutual respect for consent in all areas

Relationship Needs Assessment (Cont.)

Boundaries & Dealbreakers (Cont.)

- ☐ Agreement on boundaries with extended family/friends
- ☐ Consistency in keeping promises and commitments
- ☐ No tolerance for chronic dishonesty or gaslighting
- ☐ Respect for physical boundaries and space
- ☐ No tolerance for repeated broken trust without repair
- ☐ Agreement that relationship is based on mutual choice, not obligation

Top 20 Needs

Reflect on the items you checked off as needs. Write down your **Top 20 Needs** below:

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Top Non-Negotiables

Reflect on the items you marked as non-negotiables. Write down your **Top Non-Negotiables** below (5-10):

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |