

## **HOW CAN WE MEET EACH OTHER'S NEEDS AND DESIRES?**

### **GOALS OF THE EXERCISE**

1. Identify needs of both partner and self that are expected to be met within the relationship.
2. Identify means to meet each other's needs and desires.
3. Focus energy on meeting the partner's needs and desires rather than exclusively focusing on getting your own needs met.
4. Increase the frequency of participating in mutually enjoyable activities.

### **ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE MOST USEFUL**

- Dependency
- Female Sexual Dysfunction
- Male Sexual Dysfunction

### **SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH THE CLIENT**

This assignment has two parts—one to be completed by each of the partners within the relationship. It is recommended that each partner complete the homework independently and bring the results back for sharing and processing within a conjoint session. Take the opportunity to teach both partners the key concept that mutually satisfying relationships necessitate each partner being willing at times to sacrifice his/her own needs and desires and choose to meet the needs and desires of the partner. Also teach the partners that each of them should take personal responsibility for reasonable satisfaction of some needs outside of the relationship.

## HOW CAN WE MEET EACH OTHER'S NEEDS AND DESIRES?

### GENERAL INTRODUCTION FOR BOTH PARTNERS

A successful and healthy intimate relationship requires that each partner invest some of his/her time and energy into satisfying the needs and desires of his/her partner. When relational needs are not being met satisfactorily, the relationship is in serious trouble and eventually may break. However, all needs cannot be met by one partner. Each must take some responsibility for satisfying needs apart from the relationship. This exercise helps you identify and clarify your needs as well as the needs of your partner.

#### Partner 1 Perspective

1. List the needs and desires that you expect the relationship to meet.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
2. List your partner's needs and desires (as you understand them) that he/she expects the relationship to meet.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
3. List what you are willing to do to meet your partner's needs and desires.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_

- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

4. List what you expect your partner to do to meet your needs and desires.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

5. How have you let your partner down in meeting his/her needs and desires?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

6. How has your partner let you down in not meeting your needs and desires?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

7. What could you do to get some of your needs met outside of the relationship, by yourself or with the help of others?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

8. Describe three times in which you feel that you have sacrificed your own needs and desires to meet the needs and desires of your partner instead.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

9. List at least three enjoyable and rewarding activities that you feel would help you and your partner satisfy each other's need for social contact.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

**Partner 2 Perspective**

1. List the needs and desires that you expect the relationship to meet.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
2. List your partner's needs and desires (as you understand them) that he/she expects the relationship to meet.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
3. List what you are willing to do to meet your partner's needs and desires.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
4. List what you expect your partner to do to meet your needs and desires.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
5. How have you let your partner down in meeting his/her needs and desires?
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

6. How has your partner let you down in not meeting your needs and desires?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

7. What could you do to get some of your needs met outside of the relationship, by yourself or with the help of others?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

8. Describe three times in which you feel that you have sacrificed your own needs and desires to meet the needs and desires of your partner instead.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

9. List at least three enjoyable and rewarding activities that you feel would help you and your partner satisfy each other's need for social contact.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_