



Comfort – To Soothe, Console or Reassure

Ephesians 4:2-3 “Be completely humble and gentle, be patient, bearing with one another in Love. Make every effort to keep the unity of the Spirit through the bond of peace.”

Respond to my hurts with tender words, feelings, and a gentle touch. Share my pain by feeling the hurt with me; console me with tenderness. Hold me when I am upset.

Ideas for how to Meet the Needs:

- Reaffirm your love or affection for the me
- Listen intently
- Imagine what I am feeling and name those feelings, i.e. ‘I’m sure you’re—shocked, sad, bewildered, fearful’
- Hug me, hold me
- Mourn with those who mourn

Acceptance – Loving Willingly and Unconditionally

Colossians 3:14 “And over all these virtues put on Love which binds them all together in perfect unity.”

Accept me for who I am—receiving and loving me willingly and unconditionally, especially when my behavior has been imperfect. Look beyond faults, differences, irritations to see worth. An unconditional commitment to an imperfect person.

Ideas for how to Meet the Needs:

- Greet me with open arms
- Acknowledge my positive points
- Include me in decisions financially and with the kids

Affection – Expressing Care and Closeness

Ephesians 4:32 “Instead be kind and tenderhearted to one another, and forgive one another, as God has forgiven you through Christ.”

I need closeness, and physical touch, including non-sexual touch. When you express care and a tender feeling toward me, I feel loved. Greeting with a kiss or hug. Verbalizing “I care for you,” “I’m here for you,” “I love you.”

Ideas for how to Meet the Needs:

- Hold my hand when we walk
- Kiss me hello and goodbye
- Verbalize “I care for you.” “I’m here for you.” “I love you.”

Appreciation – Expressing Thanks and Praise

1 Corinthians 1:4-5 “I always thank my God for you because of his grace given you in Christ Jesus.”

Acknowledge me when I do something well. This is an expression of gratitude. Express thanks and praise for what I have accomplished or completed. Don't take things for granted. Look for the best rather than pointing out all the flaws.

Ideas for how to Meet the Needs:

- Put a sticky note on the mirror or dashboard of the car with a brief statement of something I've done that you especially appreciated
- Give voice to what you appreciate about me in front of the kids, family and friends

Approval – Affirming One Another

1 Thessalonians 5:11 “Therefore comfort each other and encourage one another...”

This is about blessing me—building me up and affirming me—both for something I have done or for who I am as a person. Commend me for who I am. Speak well of me to others. Recognize the special things about me and thank me for being who I am.

Ideas for how to Meet the Needs:

- Express verbally or with a letter that what I do adds value
- Tell me something specific at least once a week that you're sincerely proud of me for

Attention – Taking Thought of Another

Philippians 2:3-4 “Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his interests, but also for the interests of others.”

Having awareness and consciousness of me. Conveying appropriate interest, concern and care and entering into my world. Show interest in and support for my concerns; enter my world with me. Being together, doing things together. Take time to listen. Interest without criticism.

Ideas for how to Meet the Needs:

- Give me your full, undivided attention at least once a day to have a conversation—no phone, no TV, etc.
- Ask me about my day
- Have a date night with no one else once every two weeks

Respect – Valuing and Regarding Another

Romans 12:10 “Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.”

Honoring and valuing me. The state of being highly regarded and esteemed; placing great value on me and treating me with goodwill. Respect my way of thinking. Being willing to be serious when a joke would be hurtful and imply criticism.

Ideas for how to Meet the Needs:

- Ask my opinion before making decisions that affect our home and children
- When we have people in our home for dinner allow me to say a prayer for blessing before we eat
- Don't interrupt me when I'm speaking
- Don't undermine my authority with the children
- Don't speak poorly of me to your friends

Encouragement – Stimulating towards Love and Good Deeds

Hebrews 10:24 “And let us consider how we may spur one another on toward love and good deeds.”

The act of giving hope and support to me. Urging me to persist and persevere toward a goal; stimulating me toward love and good deeds. Don't rush to take over a project when encouragement would result in the task being completed.

Ideas for how to Meet the Needs:

- Recognize my struggle or challenge and convey to me that you think I'm capable and the effort is worthwhile
- Remind me of my previous efforts and its impact
- Tell me what can be accomplished and the potential benefits
- Remind me that my worth isn't based on my success. That you will love me even if it appears I failed

Security – Freedom from Fear

1 John 4:18 “There is no fear in love, but perfect love casts out fear, because fear involves torment...”

You give me well-founded confidence. Relationship harmony; I feel safe and secure--emotionally, mentally, spiritually, physically (and financially). Free from fear or harm. Remind me of your long-term commitment to me. Doing the 'little things' with consistency.

Ideas for how to Meet the Needs:

- Assure me that you won't abandon me
- Talk about our future
- Don't compare me to others
- Show affection to me when we
- Re with others; i.e. hold my hand, put your arm around me, sit close to me
- Surprise me with a small gift
- Tell me that you love me everyday
- Compliment me in front of others from time to time

Support – Gently Helping with a Problem or Struggle

Galatians 6:2 “Carry each other's burdens, and in this way you will fulfill the law of Christ.”

Uphold me by aid or assistance. Come alongside me and bear my burdens with me. Give me tangible support. Give me the message that I can count on you when needed. Sharing tasks.

Ideas for how to Meet the Needs:

- Ask what you can do to help me when I'm pushed for time
- Run an errand for me; put gas in my car; wash my car
- Tell me you're available to talk when I'm ready