

The 7 Key Needs of Your Special Relationships



1. The need to feel **connected** to each other through talking, doing things together and recreational activity together.
2. The need to feel **accepted** and **valued** for who you are not just what you do or how you look.
3. The need to feel that your partner is being **honest** and trustworthy.
4. The need to feel, through your mutual commitment, that you will stay together and be **secure** in your love.

5. The need to feel you are being **included** in most of decisions that affect your life and your relationship.
6. The need for verbal or physical **intimacy**. 🤝
7. The need to feel that both partners are maintaining a mutually vibrant and **growthful** relationships
8. The need to avoid a **power struggle** with your partner. Feeling anger towards your partner is a first clue that you have engaged in a power struggle.

'Appreciation dissolves discontent'

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THE IMPORTANCE OF INTIMACY

Intimacy is about being emotionally close to your partner. It's about being able to let your guard down, and let your partner know how you really feel.

Intimacy is also about being able to listen to, accept and share in your partner's feelings. It's about being there when they want to let their defences down.

We all have an 'inner world' of feelings and experiences. It's the world of our day dreams, hopes, fears, hurts and memories, the world of our 'inner-most' thoughts.

To be able to share our 'inner-world' with a partner we love, and to be able to share our partner's experiences, is surely one of the most rewarding joys of a relationship.

Intimacy often doesn't need words, but being able to put your feelings and experiences into words makes intimacy more likely to occur.

Intimacy involves being able to share the whole range of feelings and experiences we have as human beings - pain and sadness, as well as happiness and love.