

# The Infidelity Recovery Institute

## Discovering Your Top Relational Desires

Below are a list of wants and desires that a large number of people have identified as very important to them. Please read the statements below and rate the importance of each relational desire from 1 (lowest) to 10 (highest) in importance to you. Once you have gone through each item, rank your top ten most important desires.

I have a desire to...	Low Importance	High Importance
1. Feel connected through talking.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
2. Feel connected through sharing recreation/fun times together.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
3. Be touched non-sexually.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
4. Have sex.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5. Receive verbal tenderness.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
6. Receive physical tenderness.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
7. Be supported as I live by the laws of man	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8. Be supported as I live by the laws of God	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
9. Know we'll stay together and feel secure in love.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10. Know we'll stay together and feel secure in finances.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11. Feel accepted and valued for who I am.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
12. Feel accepted and valued for what I do.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
13. Feel safe when I share who I am.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
14. Be included in most decisions that affect my life or marriage.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
15. Gain agreement and harmony in decision-making.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
16. Know that he or she needs me.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
17. Be supported in my desire to give money away.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
18. Be supported in my desire to give gifts to others.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
19. Be supported in my desire to serve others.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
20. Receive genuine praise and affirmation.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
21. Be supported in my desire to have alone time.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
22. Be physically attracted to my spouse.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
23. Know that my spouse is honest and trustworthy	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
24. Be supported as I attempt to assist the younger generation in developing and leading useful lives	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
25. Receive gifts.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
26. Receive acts of service.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
27. Receive genuine appreciation for my service.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

### I have a desire for my spouse to...

28. Develop with me a future plan for our marriage.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
29. Be faithful	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
30. Become emotionally healthy.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
31. Maintain a mutually vibrant spiritual relationship.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
32. Apologize and seek forgiveness.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
33. Resolve differences/conflicts/arguments with me.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
34. Provide mutually satisfying communication.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
35. Cope with crises and stress.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
36. Understand my personality and gender differences.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
37. Demonstrate a willingness to change (flexibility).	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
38. Work towards unity with me on how to raise our children.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
39. Be passionate and romantic.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
40. Socially connect with others.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

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|---|---|---|---|---|---|---|---|---|---|----|
| 41. Maintain careful control over his or her expectations                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 42. Notice our positive relational history                                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 43. Strive for mutuality and equality in our relationship                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 44. Share negative and positive feelings without delay.                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 45. Accept my influence.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 46. Periodically update his or her knowledge of what my relational desires are. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 47. Other desire: _____   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Which needs were the most important to you (please write in the number):

Most important: \_\_\_\_\_

Second most important: \_\_\_\_\_

Third most important: \_\_\_\_\_

Fourth most important: \_\_\_\_\_

Fifth most important: \_\_\_\_\_

Sixth most important: \_\_\_\_\_

Seventh most important: \_\_\_\_\_

Eighth most important: \_\_\_\_\_

Ninth most important: \_\_\_\_\_

Tenth most important: \_\_\_\_\_

Now that you have finished, consider sharing your answers with your spouse. If your spouse has done this as well, you might ask him/her to share with you. Remember that it is likely that you will not necessarily want the same things. That is common. You might spend some time sharing with one another about why the desire is important or not important to you.