

### Ranking Your Emotional Needs

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness.

In the space provided before each need, write a number from 1 to 5 that ranks the need's importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, and so on until you have ranked your five most important needs.

To help you rank these needs, imagine that you will have only one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be 1. If only two needs will be met, what would your second selection be? Which five needs, when met, would make you the happiest?

- \_\_\_\_\_ Affection
- \_\_\_\_\_ Sexual fulfillment
- \_\_\_\_\_ Conversation
- \_\_\_\_\_ Recreational companionship
- \_\_\_\_\_ Honesty and openness
- \_\_\_\_\_ Attractiveness of spouse
- \_\_\_\_\_ Financial support
- \_\_\_\_\_ Domestic support
- \_\_\_\_\_ Family commitment
- \_\_\_\_\_ Admiration
- \_\_\_\_\_
- \_\_\_\_\_

## Appendix C

# Recreational Enjoyment Inventory

Please indicate how much you enjoy, or think you might enjoy, each recreational activity listed below. In the space provided by each activity, under the appropriate column (husband's or wife's), circle one of the numbers to reflect your feelings: 3 = very enjoyable; 2 = enjoyable; 1 = somewhat enjoyable; 0 = no feelings one way or the other; -1 = somewhat unpleasant; -2 = unpleasant; -3 = very unpleasant. Add to the list, in the spaces provided, activities you would enjoy that are not listed. In the third column, add the ratings of both you and your spouse only if both ratings are positive. The activities with the highest sum are those that you should select when planning recreational time together.

You have the permission of the publisher to photocopy the questionnaire for use in your own marriage. I recommend that you enlarge it 125 percent so that you'll have plenty of room to write in your responses.

Activity	Husband's Rating	Wife's Rating	Total Rating
Acting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Aerobic exercise	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Amusement parks	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

Activity	Husband's Rating	Wife's Rating	Total Rating
Antique collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Archery	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Astronomy	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Auto customizing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Auto racing (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Badminton	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Baseball (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Baseball (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Basketball (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Basketball (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Bible study	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Bicycling	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Boating	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Bodybuilding	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Bowling	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Boxing (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Bridge	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Camping	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Canasta	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Canoeing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Checkers	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Chess	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Church services	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Coin collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Computer programming	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Computer games	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Computer _____	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Concerts (rock music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Concerts (classical music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Concerts (country music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Cribbage	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Croquet	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Dancing (ballroom)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Dancing (square)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Dancing (rock)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Dancing (_____)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	

Activity	Husband's Rating	Wife's Rating	Total Rating
Dining out	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Fishing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Flying (as pilot)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Flying (as passenger)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Football (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Football (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Gardening	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Genealogical research	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Golf	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Ham radio	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Handball	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Hiking	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Hockey (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Hockey (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Horseback riding	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Horse shows (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Horse racing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Horseshoe pitching	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Hot air ballooning	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Hunting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Ice fishing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Ice skating	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Jogging	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Judo	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Karate	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Knitting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Metalwork	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Model building	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Monopoly	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Mountain climbing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Movies	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Museums	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Opera	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Painting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Photography	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	
Pinochle	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	

