

# SEX 30-DAY CHALLENGE



**MARRIED GUIDE**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	30-DAY <b>SEX</b> CHALLENGE				

# 10 EMOTIONAL NEEDS EXPLAINED

1. **Affection** (the expression of love in words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses love).
2. **Sexual Fulfillment** (a sexual experience that brings out a predictably enjoyable sexual response in both of you that is frequent enough for both of you).
3. **Conversation** (talking about events of the day, personal feelings, and plans for the future; showing interest in your favorite topics of conversation; balancing conversation; using it to inform, investigate, and understand you; and giving you undivided attention).
4. **Recreational Companionship** (developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities).
5. **Honesty and Openness** (revealing positive and negative feelings, events of the past, daily events and schedule, plans for the future; not leaving a false impression; answering questions truthfully and completely).
6. **An Attractive Spouse** (keeping physically fit with diet and exercise, wearing hair and clothing in a way that you find attractive and tasteful).
7. **Financial Support** (the provision of financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you).
8. **Domestic Support** (creation of a home environment for you that offers a refuge from the stresses of life; management of the home and care of the children—if any are at home—including but not limited to cooking meals, washing dishes, washing and ironing clothes, housecleaning).
9. **Family Commitment** (scheduling sufficient time and energy for the moral and educational development of your children; reading to them, taking them on frequent outings, developing the skill in appropriate child-training methods and discussing those methods with you; avoiding any child-training methods or disciplinary action that does not have your enthusiastic support).
10. **Admiration** (respecting, valuing and appreciating you clearly and often).

# YOUR MARRIED NEEDS

List your top 2 needs from the emotional needs questionnaire. Then give your spouse specific instructions as to how to meet those needs.

## Your Needs

*Ex.) Affection*

*Details: Hug me in the morning and call me during the day.*

1) \_\_\_\_\_

Details: \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

Details: \_\_\_\_\_

\_\_\_\_\_

## Your Spouse's Needs

Have your spouse write their top needs and details below.

1) \_\_\_\_\_

Details: \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

Details: \_\_\_\_\_

\_\_\_\_\_

## **RECOMMENDED READING**

*These are a couple of resources we recommend for further study.*

- **His Needs, Her Needs: Building an Affair-Proof Marriage**  
By Willard F. Harley, Jr.
- [www.marriagebuilders.com](http://www.marriagebuilders.com)



























































