

# ***As Your Husband I Feel Respected When...***

After carefully reading each statement rate each of section on a scale of 1 – 5  
1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always

**Write your score for each item to the left**

**Conquests:** I feel you are appreciating my pursuits in my field (my desire to work and achieve) when you:

- tell me "thanks" for going to work everyday for the family
- cheer my successes whether in business or in sports
- ask me to talk about my dreams like you asked when we dated

**Hierarchy:** I feel you are appreciating my position as an overseer (my desire to protect and provide and even die for you) when you:

- say to me "I really do look up to you for feeling responsible for me"
- tell me you are deeply touched by the thought that "I'd die for you"
- praise my commitment to provide, i.e. "bring home the bacon."

**Authority:** I feel you're appreciating my power on your behalf (my desire to be strong, to lead, and make decisions) when you:

- tell me I'm strong as you squeeze my muscle (it's symbolic)
- praise my good decisions
- honor my authority in front of the kids and differ with me in private

**Insight:** I feel you are appreciating my perspective and proposals (my desire to analyze and counsel) when you:

- thank me for my advice and knowledge
- let me fix things and applaud my solution orientation
- tell me up-front you need "an ear" to listen and not a solution

**Relationship:** I feel you are valuing my partnership and pastimes ( my desire for a shoulder to shoulder friendship) when you:

- tell me you like me
- do recreational activities with me, or watch me do them
- encourage alone time for me; this energizes me to re-connect with you later

**Sexuality:** I feel you are appreciating my passions and pleasures (my desire for sexual intimacy) when you:

- initiate periodically
- respond more often
- let me acknowledge my sexual temptations without shaming me or feeling shamed

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