

## *As Your Wife I Feel Loved When...*

After carefully reading each statement rate each 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**

***Closeness:*** I feel a closeness with you (face to face and heart to heart) when you:

- hold my hand
- hug me
- are affectionate without sexual intentions.

***Openness:*** I feel an openness with you (you are not secretly mad) when you:

- share your feelings
- tell me about your day and challenges
- talk without harshness, guardedness, or grunting.

***Understanding:*** I feel you understand me (empathize with me) when you:

- listen to me (know when to give advice and not solve my problems)
- repeat back what I sometimes say so I know you're hearing me
- express appreciation for my contribution and roles saying, "I couldn't do your job."

***Peacemaking:*** I feel at peace with you (issues are resolved) when you:

- admit you are wrong and apologize by saying "I am sorry" (a turn on to a woman)
- keep the relationship up to date, resolve the unresolved, and don't say, "forget it"
- pray together after a hurtful time.

***Loyalty:*** I feel a loyalty from you (complete commitment) when you:

- don't look at other women
- speak only positive things about me before family and friends; no airing dirty laundry
- do not bring up the "D" word (Divorce) but are committed till death do us part

***Esteem:*** I feel esteemed by you (treasured above others) when you:

- verbally support and honor me in front of the children
- praise me for what I do for you
- value my opinion in the gray areas; not wrong just different from you.

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