

The difference between our needs and our wants.

Welcome to Step Two! Let's jump right in.

My husband and I went to a marriage seminar once with Dr. Grant Mullen. In one piece of the seminar, he spoke about the difference between our core needs, which are our responsibility to have met by God and our emotional needs, which should be met by our spouse. I touch on this a bit in my free video series, "Breaking Up with Bad Boundaries" but I want to expand upon it more here.

I hope Dr. Mullen doesn't mind me borrowing his genius for you today! If you ever need a revival in your marriage I highly recommend checking his marriage seminars out. You can find the link for them below. He's also a highly reputable counsellor (as well as being a doctor) and you can make appointments to speak to him online, even! His counselling is not your typical kind, it's very faith-based so be prepared to stretch your faith muscles. It's also not cheap but he's worth every penny.

Just to give you an idea of how good he is, my dad happens to be the Executive Director of the Canadian Mental Health Association for our region and they have speakers every year come to talk about mental health. They have had Margret Trudeau, for those of you who don't know she's our Prime Minister's mother (he's like our president!), they've had Theo Fleury (a famous hockey player) and I believe they've even had Walter Gretzky (Wayne Gretzky's dad, he's not our president but I mean... they call him "The Great One"). Long story short, there have been some great voices speaking out about mental illness and my dad said that the best speaker they've ever had, in all his thirty some-odd years of running the organization is Dr. Grant Mullen. So, if you're in dire need of professional help, I highly recommend him.

Dr. Mullen says the core needs that are our responsibility to have met by God are:

- Acceptance (a sense of belonging/feeling worthwhile)
- Identity (who you really are/significance)
- Security (secure in identity/feeling protected)
- Purpose (the meaning for your life/eternal purpose)

He says the emotional needs for a woman to have met by her spouse are:

- Security
- Non-Sexual Affection
- Communication
- Leadership (1. Guiding children, 2. Romance, 3. Finances, 4. Spiritual)

And lastly, the emotional needs a man needs met are:

- Respect, Honour and Support
- Sex (no surprise)
- Fun and Friendship

As we talked about in previous lessons, boundaries are our responsibility. This falls in line with our core needs. When it comes to our boundaries, our core needs are our “I have to have’s” while our emotional needs are our “wants”. It’s important to establish these lines between what we have to have to be happy and what we want to have in our relationships. These needs are for spouses, obviously, but the idea can be applied to any relationship.

Our core needs need to be met by God.

This is where starting to make good, Godly boundaries begins.

It's a very short lesson today because I have longer homework for you. You'll find a worksheet below for you to fill out about your needs and your wants. I ask that you dig deep into finding truth-filled answers and don't allow your desires to be confused with the core things we actually need. I know it's hard because we so desperately want fulfillment in our relationships but unfortunately, if you're here today, that may not be where you're at in your relationship right now.

Let's dig in! Print out your worksheet and get started.