



## **STEP TWO: APPLYING BASIC PRINCIPLES OF BOUNDARIES**

Worksheet: The difference  
between our needs and our wants

**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

**Let's do a personal inventory. Where are you at in your core needs?**

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**If you're married, are your emotional needs being met?**

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**Are you meeting your spouses emotional needs?**

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**Which core need are you most in need of being fulfilled from God? Why?**

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**Can you find one Bible verse that responds to your unfulfilled core need? Write it below.**

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**Look for Bible verses that speak to your core needs and highlight them in your Bible. You don't need to do this all today, but stay conscious of what they are and look for ways God is meeting them.**

