



# HIS NEEDS, HER NEEDS



## HIS NEEDS

- Sexual fulfillment
- Recreational companionship
- An attractive spouse
- Domestic support
- Admiration



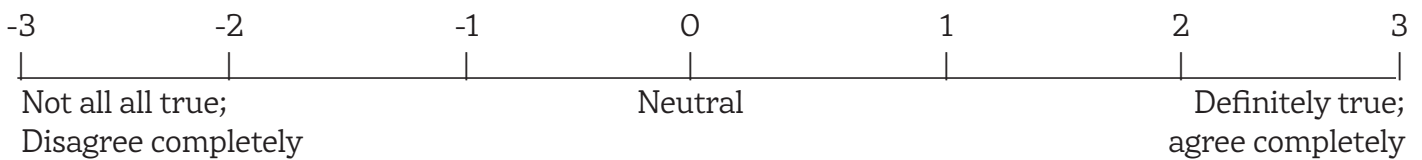
## HER NEEDS

- Affection
- Conversation
- Honesty and openness
- Financial support
- Family commitment

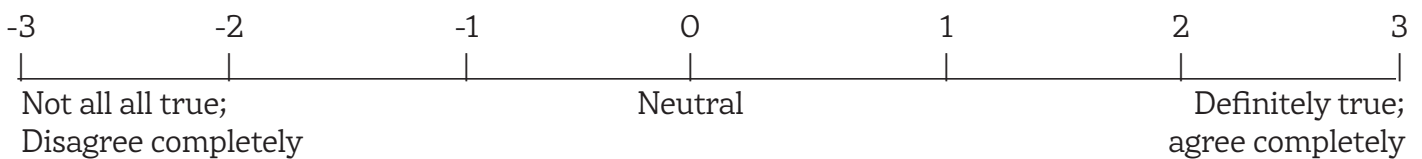
### LOVE BANK INVENTORY

Indicate how much you agree or disagree with each of the following statements by circling the appropriate number. All answers should reflect your feelings toward your spouse, \_\_\_\_\_. Since it is assumed that all blanks will apply to this person, do not repeat the name in each blank.

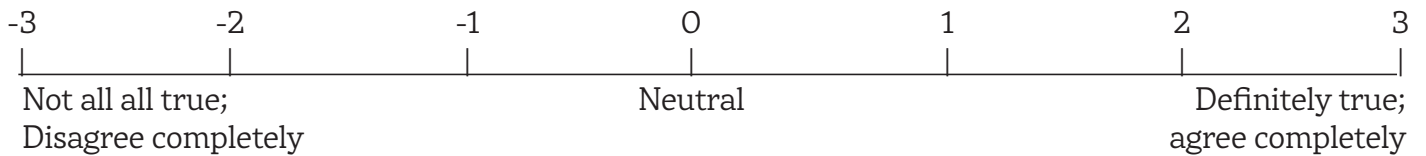
1. I usually experience a good feeling whenever I think about \_\_\_\_\_.



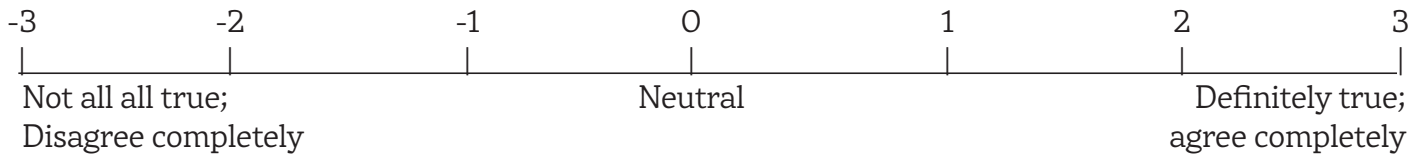
2. I enjoy being with \_\_\_\_\_ more than anyone else.



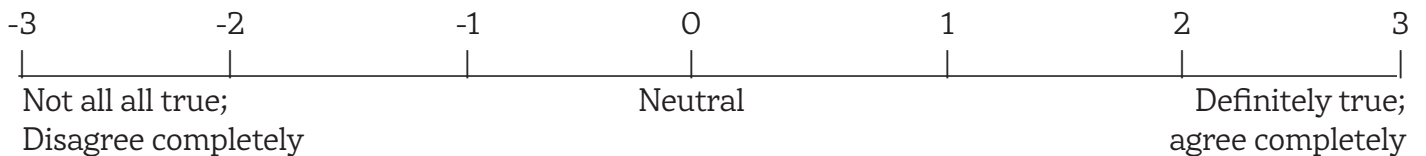
**3. I am easily aroused sexually by \_\_\_\_\_.**



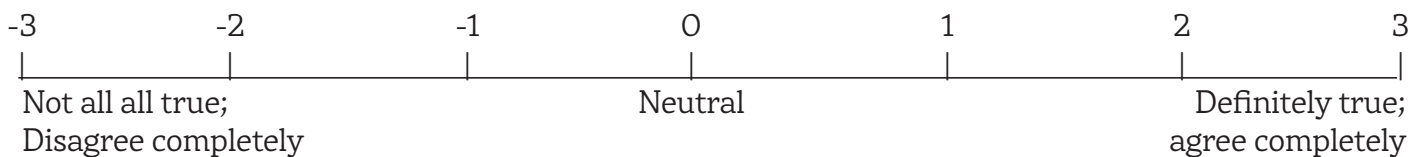
**4. Whenever I daydream, I tend to think about \_\_\_\_\_.**



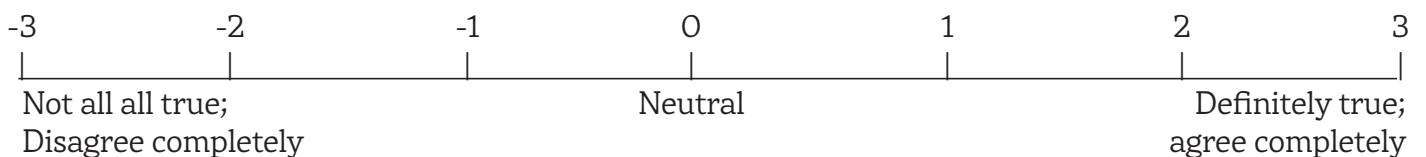
**5. If I feel lonely, I try to talk to \_\_\_\_\_.**



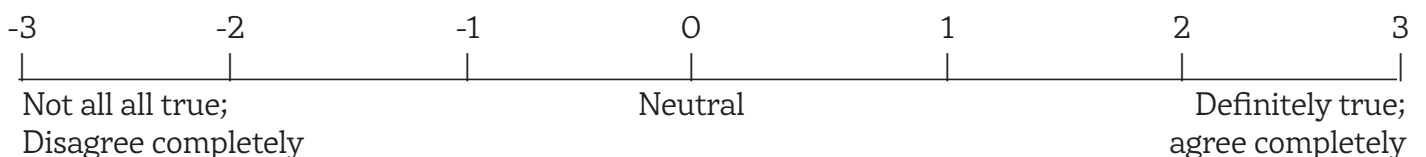
**6. I would forgive \_\_\_\_\_ for almost anything.**



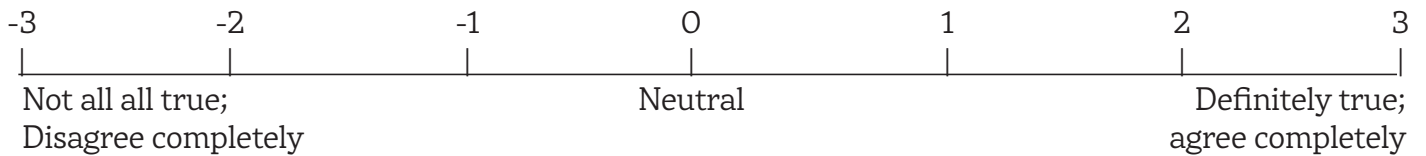
**7. I have *not* recently considered ending my marriage or relationship with \_\_\_\_\_.**



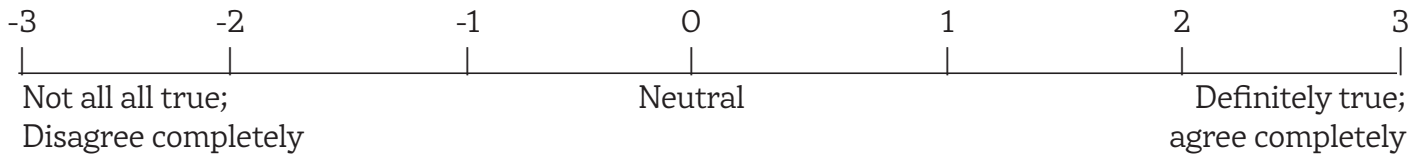
**8. I find \_\_\_\_\_ to be very physically attractive.**



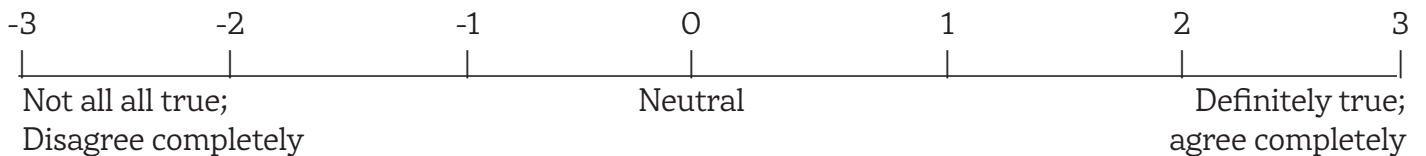
**9. I enjoy \_\_\_\_\_'s sense of humor.**



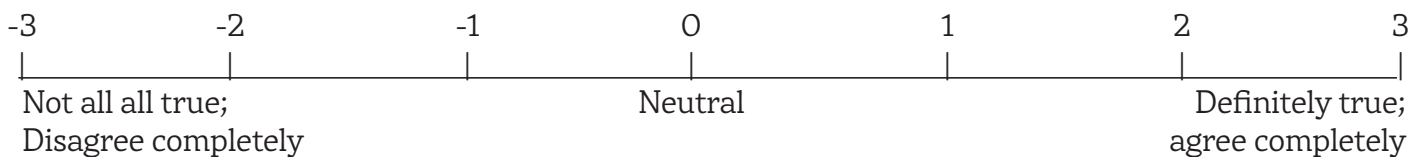
**10. I would feel miserable if I could never be with \_\_\_\_\_.**



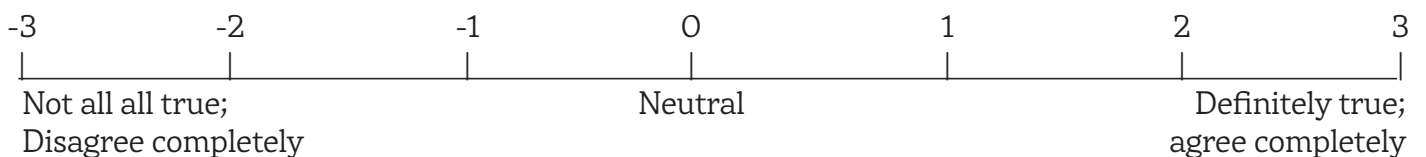
**11. I find \_\_\_\_\_'s personality to be very attractive.**



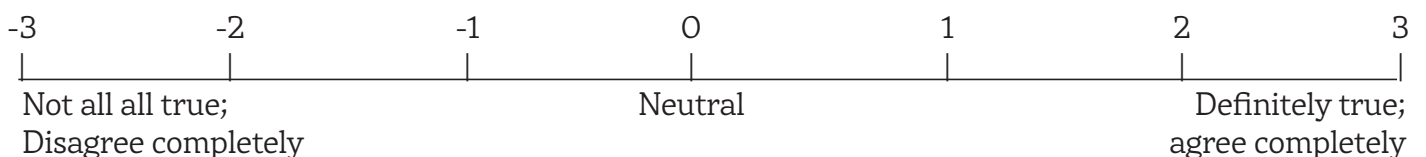
**12. When i am with \_\_\_\_\_, I spend much of the time looking at him/her.**



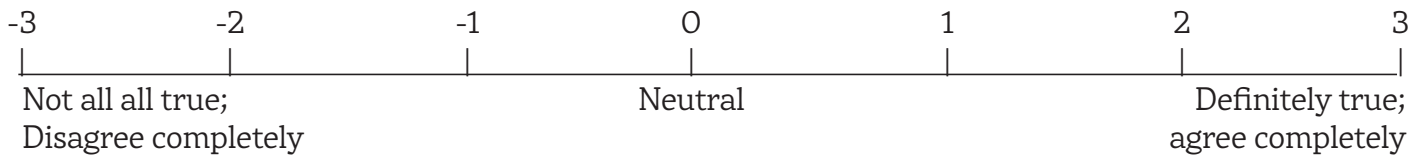
**13. I enjoy telling \_\_\_\_\_ my deepest feelings and most private experiences.**



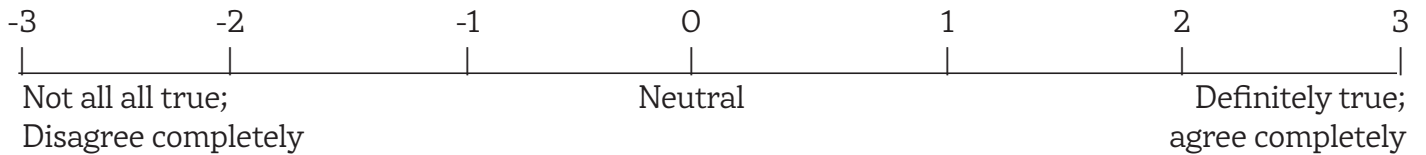
**14. I feel that there is "chemistry" between me and \_\_\_\_\_.**



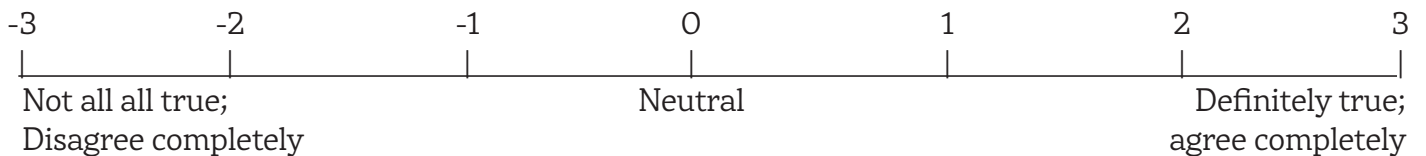
15. \_\_\_\_\_ brings out the best in me.



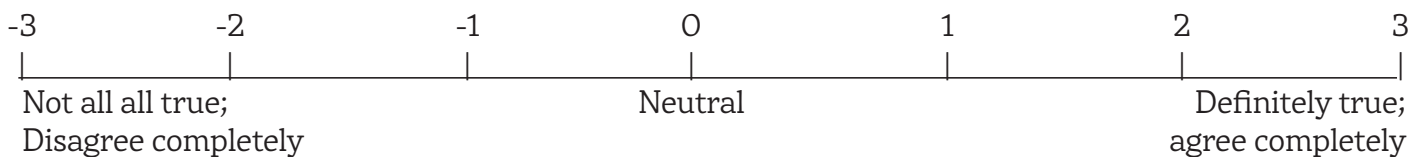
16. \_\_\_\_\_ is the type of person that is very easy to like.



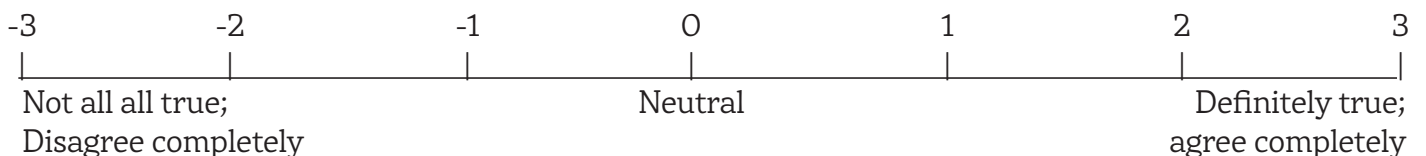
17. \_\_\_\_\_ has many personality traits that I would like to have myself.



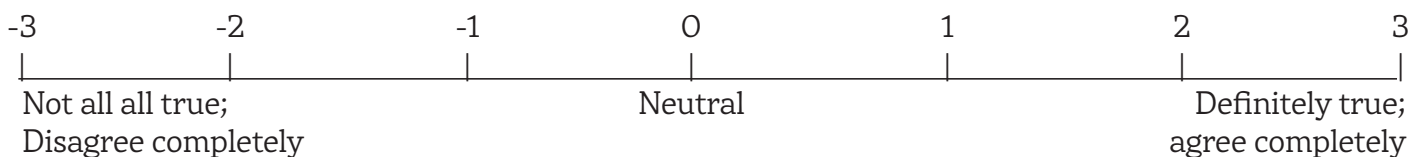
18. I would do almost anything for \_\_\_\_\_.



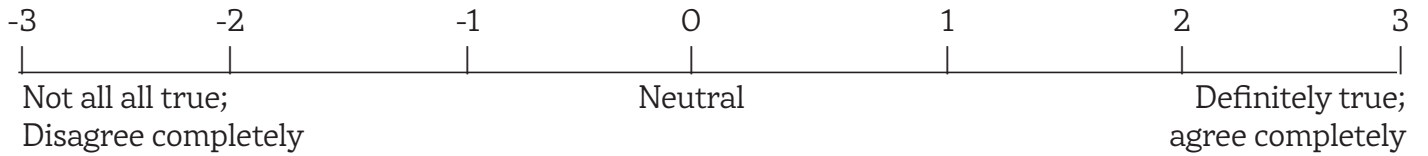
19. I find myself spending quite a bit of time being concerned about \_\_\_\_\_'s welfare and happiness.



20. I want \_\_\_\_\_ to tell me his/her deepest feelings and most private experiences.



21. I have a strong feeling of romantic love toward \_\_\_\_\_.



**Finding Your Love Bank Quotient**

Find the total score for items 1-20 (do not include item 21). Then divide that score by 20, the number of items, to obtain your **Love Bank Quotient**. That number should be within one point of your answer to item 21 if you answered all the items correctly. Our experience with this inventory leads us to conclude that the Quotient of **1.8 or greater** is obtained when the person is “in love.”

**Total Score of Items 1-20** \_\_\_\_\_

**Total Score Divided by 20** \_\_\_\_\_ **(Love Bank Quotient)**

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