


## FEELINGS-NEEDS-REQUEST COMMUNICATION TOOL

God instructs us to communicate honestly and respectfully with each other. It is often difficult to communicate uncomfortable feelings, and yet it's necessary to connect upsetting feelings to legitimate intimacy needs and to know how to give and receive these in relationship with each other. This Feelings-Needs-Request method (FNR) is a helpful tool to use as a template for more difficult conversations. Jesus is our example when He came to our world to dwell among us.


*"We have seen His glory, the glory of the One and Only, who came from the Father, full of grace and truth." -John 1:14*

Healthy Communication 

# Feelings-Needs-Request


Model for Speaking the Truth in Love

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. Ephesians 4:15




**LOVE**

- "I know you love me, I trust that you do not want to hurt me intentionally."
- "I love you very much and I appreciate how you work to understand my needs."



**TRUTH**

- "I feel \_\_\_\_\_ when you \_\_\_\_\_."
- "This is connected to my intimacy need for \_\_\_\_\_."
- "The request I am making is \_\_\_\_\_."



**LOVE**

- "Thank you for hearing me and for caring about my heart."
- "I know you are committed to me and to our marriage and I'm so thankful."

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## **AN EXAMPLE OF FNR**

### **LOVE**

"Honey, I love you very much and am thankful you are concerned about meeting my needs. Even when it is exasperating for you, you work hard to listen and respond to my requests. I thank you for that. When you do this, I feel loved."

### **TRUTH**

Feelings connected to a painful event: "I feel embarrassed when you correct me in public. It makes me feel like a child."

Intimacy Needs that are connected to hurt feelings: "I need to feel respected by you, privately as well as publicly. That's very important to me."

Request: "The next time you are concerned that I'm overstating something or getting the facts wrong will you please wait to talk to me about it when we are in a private place? That would feel so much better to me."

### **LOVE**

"Thank you for listening to my heart. I love you and appreciate your commitment to me and our relationship. When you hurt me in this way, I know you're not trying to. I am thankful I get to be your wife!"

## **TOP TEN INTIMACY NEEDS**

**Adapted from [www.greatcommandment.net](http://www.greatcommandment.net)**

In Genesis 1 and 2 we read that God placed Adam in a perfect environment with abundant provisions. Adam's mind was pure (he had no faulty thinking), his feelings were undefiled (he experienced no hurt, fear, or guilt), and his behavior was innocent. Yet in the face of all this, God said, "It is not good that man should be alone" (Genesis 2:18).

Adam was God's perfect creation and yet he had intimacy needs that he could not meet alone -- needs for acceptance, affection, encouragement, respect, and more. Intimacy needs can only be met in the context of relationship. Our Heavenly Father desired not only that Adam be the recipient of His divine acceptance, affection, and encouragement, but that Adam also receive such love and acceptance from meaningful human relationships. We experience God's love through each other.

Below is a list of the ten most common intimacy needs. Use this list if you have trouble identifying the intimacy need your hurt feelings are connected to. As you practice and use the FNR tool, you will be empowered to craft a relationship that feels safer and is more nurturing. Have fun!

- 1. Attention (Care):** To take thought of another and convey appropriate interest, concern, and support; to enter into another's world. (1 Corinthians 12:25)
- 2. Acceptance:** Deliberate and ready reception with a favorable positive response. (Romans 15:7)
- 3. Appreciation (Praise):** To communicate with words and feeling personal gratefulness for another. (1 Corinthians 11:2)
- 4. Support (Bear Burdens):** To come alongside and gently help carry a load (problem, struggle); to assist; to provide for. (Galatians 6:2)
- 5. Encouragement:** To urge forward and positively persuade toward a goal. (1 Thessalonians 5:11, Hebrews 10:24)
- 6. Affection (Greet with a Kiss):** To communicate care and closeness through physical touch. (Romans 16:16)
- 7. Approval:** Expressed commendation; positive affirmation; to bestow favor; to think and speak well of. (Romans 14:18)
- 8. Security (Peace):** Confidence of harmony in a relationship; freedom from harm. (Mark 9:50)
- 9. Comfort (Empathy):** To come alongside with word, feeling, and touch; to give consolation with tenderness. (1 Thessalonians 4:18)
- 10. Respect (Honor):** To value and regard highly; to convey great worth. (Romans 12:10)