**Meet My Needs**

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Having your deepest “needs” met is what produces the feelings of love, affection and connectedness.  But, we are not always conscious about what we really need or want in a relationship.  We do, however, know how good it feels when we are truly connected to our loved one. And, how horrible it feels when we are distant or in a state of conflict. Men and women generally have very different ways of “feeling the love.”

What men want is Respect and Appreciation.  Deep down most men want to be a hero. They need their partner to believe in them. They want to be held in high esteem. To insult, degrade or criticize a male is a recipe for a ruined relationship.  It only serves to emasculate him and tear down his inner core. A woman who shows emotional support, unconditional respect, along with appreciation will build a strong bond with her man.

What women want is to be Cherished and Chosen.  They want to be chosen before his TV, before his video games, before his buddies, before his sports, before his hobbies and yes, even before his mother. She doesn’t need attention 24/7. She only needs to be shown daily that she is his priority. A man whose words and actions exhibit the fact that he cherishes his partner and intentionally chooses her creates an unshakable relationship.

Meet each others greatest needs.  Ladies, respect and appreciate your man. Men, cherish and choose your woman every day. Implementing these positive changes will reaffirm your commitment, build security in the relationship, and foster real feelings of love and affection.