
Manila Women's Forum

A Network of Women Professionals

February 2010

The Emotional Needs of Men and Women

By Sarah Novak

The topic of this month's Forum was the difference between men's and women's needs. As you might imagine, there were a substantial number of people who showed up eager to have this mystery unraveled for them. Sadly, while no instant solution could be provided by the speaker Maribel Sison Dionisio, there was good dialogue generated around what it takes to maintain a healthy marriage.

Maribel spent the majority of the talk focusing on the top five needs of men and women, as laid out in Willard Harvey Jr.'s book *His Needs and Her Needs*. Check out the list below and see what areas you may need focus on in your own relationship.

Studies show that these are general trends among men and women. It is also possible you may have one or two emotional needs of the other gender, and that is perfectly okay. The key here is to know our top needs, then share our needs with our partner. Also find out your partner's top needs so you can systematically and regularly give what your partner needs and not what we want to receive from our partner. As the saying goes, we usually give what we want to receive. In marriage, let us work to give what our partner needs, not what we think he or she may need.



MWF speaker Maribel Dionisio (left), the evening's host Christine Purka (right)

Women's Emotional Needs

1. *Family Commitment.* Scheduling sufficient time and energy for the moral and educational development of your children; reading to them, playing with them, taking them on frequent outings; educating self in appropriate child training methods and having a mutually agreed parenting style.

2. *Financial Stability.* Being able and willing to dedicate financial resources to maintain a standard of living that includes sufficient food,

clothing and housing for the family. Willing to avoid travel and long work hours to maximize family time together.

3. *Affection.* Showing love through words, cards, gifts, hugs, kisses and courtesies; creating an environment that clearly and repeatedly expresses love.

4. *Conversation.* Talking about events of the day, feelings and plans; avoiding angry or judgmental statements or dwelling on past mistakes; showing interest in the woman's

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February MWF Meeting ■ **When:** Monday, February 15, 6:30 p.m. **Where:** Rose Hunt's home, 1891 Sinaguilas, Dasmariñas Village, Makati City. **What:** Robert Gilliland, managing director of The Straits Wine Company and former Sydney Sommelier, will present a small tasting and talk highlighting "wines with a sense of place." What wine to buy from where and is it worth it? **Bring:** Something to share for the potluck dinner. **March Meeting:** Monday, March 15.

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favorite topics of conversation.

5. *Honesty and Openness.* Revealing both positive and negative feelings, narrating events of the past, daily events and schedules, plans for the future; not leaving the woman with a false impression; answering questions truthfully.

Men's Emotional Needs

1. *Attractive Spouse.* Understand what is attractive to him in regards to hairstyle, clothing, make-up and even night wear. Men appreciate that a woman will take the time to care for her physical appearance.

2. *Recreational Companionship.* Take an interest in his social and recreational interests. It is important to him that you develop shared interests and spend time together. Find the time to have a weekly date night and an annual couple vacation. This increases emotional intimacy and strengthens marital friendship.

3. *Admiration.* Males appreciate being recognized for their efforts. Let him know that you appreciate all he brings to the relationship, including financial and emotional support. He needs you to be proud of him.

4. *Domestic Support.* Men enjoy being taken care of when they come home from work. Even if you've had a long day too, a little pampering will go a long way. Acknowledge his need to relax before jumping back into evening tasks.

5. *Sexual Fulfillment.* Physical intimacies include kissing and caress-

ing. It is not just the twice a week suggested sexual intimacies as studies show. Make sure touch is a common part of your relationship.

The key, Maribel says, is to recognize that men's and women's needs are vastly different and that by giving only what we want in return, we will end up with a very unsatisfied partner! Are you putting in the effort to ensure that your partner is getting what they need? Which one of these areas will you take a fresh look at for 2010? A small change could make a dramatic difference in your partner's day-to-day happiness!

Maribel focuses her work on making sure that individuals are educated on LOVE for any relationship stage. She is committed to making sure that individuals have the knowledge and skills they need to successfully navigate relationship hurdles. She is currently a Marital and Family counselor at the Love Institute (www.theloveinstitute.com), which she founded in 2008. In addition, she is an associate counselor at the Reintegration for Care and Wholeness (RCW) Foundation, Inc. and was also counselor for the Center for Family Ministries (CEFAM) for over 10 years.

Maribel is also a regular parenting expert on Channel 2 on the Umagang Kay Ganda morning show. Maribel has co-authored three books: *Helping our Children do Well in School* (Anvil 2004 – Received the National Book Award in 2005), *I've Been Dating...Now What?*, a guide

for college students and single professionals about love and relationships (Anvil 2006), and *Magaling Ang Pinoy*, best practices of public school parents (Ateneo 2007).

Maribel is now working on a relationship book for high school students, entitled *I Have A Crush, Now What?* She has been happily married to her husband Allan for 25 years and they have three children. ■

Manila Women's Forum

Manila Women's Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join.

The current officers are: **Amy Alexander**, Message Board. **Julia Holz**, Treasurer, Membership and Programs. **Cecilia Leung**, Programs. **Lisa Lumbao**, Chair. **Junie Navarro**, Message Board. **Lisa Stuart**, Message Board Moderator. **Beulah P. Taguiwalo**, Newsletter, Website. **Shari Virjee**, Programs, Message Board.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution is collected at each monthly meeting: P20 for members, and P40 for non-members. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at lumbao@mozcom.com.

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www.geocities.com/manilawomensforum

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