

3.10 Admiration

If you have the need for admiration, you may have fallen in love with your spouse partly because of his or her compliments to you. Some people just love to be told that they are appreciated. Your spouse may also have been careful not to criticize you because criticism may hurt you deeply if you have this need.

Many of us have a deep desire to be respected, valued and appreciated by our spouse. We need to be affirmed clearly and often. There's nothing wrong with feeling that way. Even God wants us to appreciate Him.

Admiration is one of the easiest needs to meet. Just a word of appreciation, and presto, you've made someone's day. On the other hand, it's also easy to be critical. A trivial word of rebuke can set some people on their heels, ruining their day and withdrawing love units at an alarming rate.

Your spouse may have the power to build up or deplete his or her account in your Love Bank with just a few words of admiration or criticism. If you are affected that easily, be sure to add admiration to your list of important emotional needs.