

3.6 Physical Attractiveness

For many, physical attractiveness can be one of the greatest sources of love units. If you have this need, an attractive person will not only get your attention, but may distract you from whatever it was you were doing. In fact, that's what may have first drawn you to your spouse -- his or her physical attractiveness.

There are some who consider this need to be temporary and important only in the beginning of a relationship. Some feel that after a couple get to know each other better, physical attractiveness should take a back seat to deeper and more intimate needs. And I've even heard some suggest that those with a need for physical attractiveness are immature or spiritually weak -- even subhuman!

But I don't judge important emotional needs, and I don't think you should either. The question you should ask is, what need when met deposits the most love units? If it's physical attractiveness, it should not be ignored. For many, the need for physical attractiveness not only helps create a relationship, but it continues on throughout marriage, and love units are deposited whenever the spouse is seen -- if he or she is physically attractive.

Among the various aspects of physical attractiveness, weight generally gets the most attention. Almost all of the complaints I hear regarding a spouse's loss of physical attractiveness are about being overweight. And when diet and exercise bring the spouse back to a healthy size, physical attractiveness almost always returns. However, choice of clothing, hair style, makeup, and personal hygiene also come together to make a person attractive. Since attractiveness is usually in the eyes of the beholder, you are the ultimate judge of what is attractive to you.

If the attractiveness of your spouse makes you feel great, and loss of that attractiveness would make you feel very frustrated, you should probably include this category on your list of important emotional needs.