

THE LOVE SCOUT

Relationship Therapist



NEEDS & DESIRES

One of the biggest challenges in relationship is the contradictory nature of our needs and desires. We want our cake and we want to eat it too! Having our needs met is fundamental to our survival. Satiating our desires makes us feel deeply alive. Both play a vital role in giving us a rich experience in our intimate lives. This tool is designed to help you become more self-aware so that you can cultivate a richer relationship.

Safety

Feeling safe

Security

Feeling secure

Love

Being able to love & be loved

Sex

Being able to give & receive sex

Connection

Feeling connected

Commitment

Feeling committed to another

Attachment

Feeling emotionally attached

Intimacy

Being able to give & receive intimacy

Companionship

Having someone to share a life with

Friendship

Having a close friendship

NEEDS VS. DESIRES

Adventure

Exciting your freedom & curiosity

Risk

Doing things where you can't predict the outcome

The Unknown

The enticement of "anything could happen"

Falling in Love

Experiencing the dopamine, serotonin & oxytocin highs

New Connections

New friends who ignite hobbies, passions & interests

New Sexual Encounters

New/different/unusual/exciting/arousing experiences

Thrill

Excitement & adrenaline that makes you feel alive