



Introduction

Meeting Emotional Needs During Deployment

A weekly guide series for couples living apart in a deployed environment

Deployment Emotional Needs Series

Practical guidance for maintaining connection, trust, and resilience in a season of separation.

Introduction

About the Series and Framework

About this series

Deployment places real strain on connection. Even when couples can communicate daily, separation can narrow conversations into updates, logistics, fatigue, or conflict management. This series is designed to help couples protect emotional closeness while living apart.

Framework credit

This guide series is inspired by Dr. Willard F. Harley Jr.'s emotional-needs framework as presented in *His Needs, Her Needs* and through *Marriage Builders*. The original framework describes ten core emotional needs that strongly shape marital satisfaction. This series adapts those needs for military and operational environments where couples are geographically separated but remain committed to staying connected.

Purpose

The series takes each emotional need one at a time and translates it into practical weekly guidance for couples living in a deployed environment. Each workbook helps you understand the need, discuss it together, and apply it in simple, concrete ways.

The ten emotional needs

- Affection - warmth, care, and emotional safety.
- Sexual Fulfillment - desire, exclusivity, and sexual connection within marriage.
- Intimate Conversation - sharing inner life, not only facts or tasks.
- Recreational Companionship - enjoying life and friendship together.
- Honesty and Openness - transparency, truthfulness, and trust.
- Physical Attractiveness - communicating attraction and caring for embodied connection.
- Financial Support - steadiness, reliability, and teamwork around money.
- Domestic Support - practical help, planning, and the shared load of life.
- Family Commitment - demonstrating that spouse and family remain a priority.
- Admiration - respect, appreciation, and spoken value.

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How to Use the Weekly PDFs

How to use this series

- Move through one emotional need per week, or slow down if one topic needs more time.
- Begin by reading the overview individually or together.
- Use the practices as options, not obligations. Adapt them to your operational tempo.
- Complete the workbook reflection blocks individually, then discuss selected responses together.
- End each week by choosing one habit to continue into the next week.

Suggested weekly rhythm

- Day 1: Read the week's guide together or separately.
- Days 2-4: Practice one or two suggestions that fit your schedule.
- Day 5: Complete the workbook reflection prompts.
- Days 6-7: Discuss what helped and what you want to carry forward.

Guiding principles

- Stay curious, not defensive.
- Be specific, not vague.
- Choose consistency over intensity.
- Protect emotional safety.
- Use the material as support, not as a weapon in conflict.

Important note

These PDFs are educational and relational resources. They are not a substitute for counseling, chaplain care, or clinical treatment. If a couple is facing significant distress, repeated conflict, betrayal, safety concerns, or mental-health challenges, additional support should be pursued.

Closing encouragement

The goal of this series is not perfection. It is steadiness. In a deployed season, emotional needs do not disappear - they simply require more intentional care. Small, repeated practices can help a couple remain connected, resilient, and anchored in their commitment.