

Insecure? Needy?

Being emotionally needy drains people and pushes them away. Emotionally needy people require constant verbal reassurance and physical demonstration of love from their spouses. It's draining and causes marital problems.

Neediness is almost always a sign of insecurity. Insecure people struggle with self doubt and are anxious to know what other people think of them. They constantly seek reassurance and affirmation from their significant others.

This isn't always the case, but a needy person tends to be rather self-absorbed and a little selfish because they're always focusing on whether their needs are being met versus their spouse's well-being.

A needy spouse will often ask, "Why don't you tell me or show me that you love me?"

Insecurity breeds an emptiness within their souls that they constantly struggle to fill.

Dealing with emotional neediness in your marriage

Seek counseling

Since neediness is often a manifestation of deeper issues, it's extremely important to seek counseling. A counselor helps to identify the underlying issues and find solutions.

Stop blaming each other

Blame makes things worse. Take responsibility for your role, actions and story. Don't blame your spouse for your insecurities. Truth is, they don't complete you because you were complete when you met them.

Reject the lie

Neediness is a feeling that's based on a lie. We're insecure because someone, an organization, or an authority figure, made us believe we weren't enough - that we didn't measure up.

Listen to me very closely: Just because you didn't measure up to *their* expectations doesn't mean you're not enough. Those are their issues not yours.

You are enough. You have what it takes. You are worthy.

Strive to become a giver instead of a taker

Whatever you give, you will receive. We get what we give. We don't give to get. We're just 100% committed to giving.

If you want your spouse to pay more attention to you, pay more attention to them, etc. Be less concerned with what they bring to the table and more concerned with what you bring to the relationship.

Dealing with neediness can be a real challenge, which is why I highly recommend counseling to finally be freed from the prison of chronic insecurity.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!