

## MY NEEDS

Check anything you feel you need. If something you need is not on this list, add it to the list.

- |  |  |
|--|--|
| <input type="checkbox"/> Someone to say, "I care about you"    | <input type="checkbox"/> Less arguing with someone else                                    |
| <input type="checkbox"/> Attention                             | <input type="checkbox"/> Less arguing at home  |
| <input type="checkbox"/> Support in a personal dilemma         | <input type="checkbox"/> A feeling of hope that things will improve                        |
| <input type="checkbox"/> A hug                                 | <input type="checkbox"/> Someone to listen   |
| <input type="checkbox"/> Kind words                            | <input type="checkbox"/> A conversation that doesn't get interrupted                       |
| <input type="checkbox"/> Space                                 | <input type="checkbox"/> Someone to love   |
| <input type="checkbox"/> Privacy at home                       | <input type="checkbox"/> Someone to love me  |
| <input type="checkbox"/> Peace and quiet                       | <input type="checkbox"/> Something to keep me busy   |
| <input type="checkbox"/> Less (or no) criticism from others    | <input type="checkbox"/> Something to relieve boredom                                      |
| <input type="checkbox"/> Order                                 | <input type="checkbox"/> People who care about me  |
| <input type="checkbox"/> Direction                             | <input type="checkbox"/> A different relating style from a friend or partner               |
| <input type="checkbox"/> Kind words from my partner            | <input type="checkbox"/> People who can appreciate when I'm going through a difficult time |
| <input type="checkbox"/> Kind words from a friend              | <input type="checkbox"/> Approval  |
| <input type="checkbox"/> Kind words from a family member       | <input type="checkbox"/> Respect   |
| <input type="checkbox"/> A better relationship with my partner | <input type="checkbox"/> To lead   |
| <input type="checkbox"/> Peace with a family member            | <input type="checkbox"/> To be led   |
| <input type="checkbox"/> A good night's sleep                  | <input type="checkbox"/>   |
| <input type="checkbox"/> A decent meal                         | <input type="checkbox"/>   |
| <input type="checkbox"/> A feeling of success                  | <input type="checkbox"/>   |
| <input type="checkbox"/> Less stress                           | <input type="checkbox"/>   |
| <input type="checkbox"/> Fewer demands on my time              | <input type="checkbox"/>   |
| <input type="checkbox"/> More time to myself                   | <input type="checkbox"/>   |
| <input type="checkbox"/> Fewer "pieces" in my complicated life | <input type="checkbox"/>   |
| <input type="checkbox"/> Less chaos around me                  |  |

Look back at the items you have checked. Circle anything you think you could ask for. Underline anything you think you could do something about.

These are some of the ways I "drop hints" about my needs without asking for them directly:

Describe a time you've used behavior instead of words to get attention or get your needs met:

Is your relationship or life affected by the way you get your needs met? In what way?