

MY NEEDS

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

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

How is your relationship or life affected by the way you get your needs met? Is there a way you'd like to express them differently or more directly?