

Identifying Needs And Wants

While we may feel frustrated in a relationship about not getting our needs met, we must first begin by being transparent with ourselves that they are.

Use the following worksheet to explore a situation or issue where you feel your needs have not been met.

Describe a situation where you feel your *needs* were not met.

Describe each of the *needs*.

What should have happened to meet those *needs*?

How would you have felt if this had happened?

How could you share your *needs* more clearly with your partner?

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