

# EMOTIONAL NEEDS IN RELATIONSHIPS

STEP

**1**



## THE HIDDEN AGENDA

Bring to mind how you felt as a child growing up. What negative feelings did you have that repeated again and again throughout childhood?

What did you want as a child that you didn't get? How did you respond?

STEP

**1**

CONT.

What do need most from your partner?  
Do you get it?

What negative feelings do you have again and again in your relationship? How do you respond to these feelings?

What is the 'hidden agenda' you brought into your relationship?

# EMOTIONAL NEEDS IN RELATIONSHIPS

STEP  
**2**



## RECOGNISE NEEDS NOT MET

Place a tick in the box if you experience any of the following in your relationship.

- There is little affection.
- Communication has ceased.
- You are resentful most of the time.
- You are avoiding people.
- You are daydreaming too much.
- You are confiding too much in others.

When your needs are not being met by your partner, what feelings do you experience?  
How do you respond?

STEP  
**2**  
CONT.

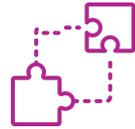
How could you fill these emotional needs yourself? What needs to change?

What things cause upsets between you and your partner?

Do you talk about those things? If not, what stops you?

# EMOTIONAL NEEDS IN RELATIONSHIPS

STEP  
**3**



## FINDING RESOLUTION

Pick one of the areas identified in Step 2 and **plan** the following steps so you can get ready for a conversation with your partner about the issue you want to address.

### FIXING TROUBLE

1. Agree on a time, place and purpose.
2. Agree to go the whole nine yards.
3. Remain calm - take breaks if necessary.
4. Address one issue. (*"When you do X, I feel Y"*)
5. Own your part of it.
6. Say what you want.
7. Address emotional injuries.
8. Commit to something.

Fill in the following so your plan is clear to you.

Time for the conversation: \_\_\_\_\_

Place for the conversation: \_\_\_\_\_

Purpose for the conversation:

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CONT.

My responsibility in this issue:

Speak without blame and state a positive need:  
*"Here's how I feel...about a specific situation and here's what I need..."*

Describe what is happening WITHOUT JUDGEMENT:

# EMOTIONAL NEEDS IN RELATIONSHIPS

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**3**  
CONT.

Recognise what you appreciate about your partner and then tell them:

Now you're ready for the conversation!  
After it's complete describe how you felt. Did you get resolution and commitment for one another?  
What is your commitment moving forward?

STEP  
**4**



## INVESTING

Look at putting deposits in your partner's emotional bank account daily. This will require awareness and intention from you to implement.

Give yourself a score for how you went this week: (0 = low 10 = high)

	SCORE
Be mindful of your partner's attempts at connection and turn towards them.	
Express appreciation.	
Do a debrief to remove stress.	
Communicate understanding so your partner feels heard and understood.	
Be physically affectionate.	

Describe how you felt making these deposits: