

What Are Your Needs?

PART I: General Categories

- | | | | | |
|-----------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------|------------------------------------------|
| <input type="checkbox"/> LOVE | <input type="checkbox"/> CONNECTION | <input type="checkbox"/> CONTRIBUTION | <input type="checkbox"/> SIGNIFICANCE | <input type="checkbox"/> VARIETY |
| <input type="checkbox"/> acceptance | <input type="checkbox"/> belonging | <input type="checkbox"/> acts of service | <input type="checkbox"/> celebration of life | <input type="checkbox"/> diversity |
| <input type="checkbox"/> affection | <input type="checkbox"/> closeness | <input type="checkbox"/> acknowledgement | <input type="checkbox"/> clarity | <input type="checkbox"/> change |
| <input type="checkbox"/> cooperation | <input type="checkbox"/> community | <input type="checkbox"/> appreciation | <input type="checkbox"/> competence | <input type="checkbox"/> selection |
| <input type="checkbox"/> compassion | <input type="checkbox"/> companionship | <input type="checkbox"/> making a difference | <input type="checkbox"/> consciousness | <input type="checkbox"/> uncertainty |
| <input type="checkbox"/> consideration | <input type="checkbox"/> communication | <input type="checkbox"/> recognition | <input type="checkbox"/> creativity | <input type="checkbox"/> spontaneity |
| <input type="checkbox"/> consistency | <input type="checkbox"/> inclusion | <input type="checkbox"/> participation | <input type="checkbox"/> discovery | <input type="checkbox"/> AUTONOMY |
| <input type="checkbox"/> empathy | <input type="checkbox"/> partnership | <input type="checkbox"/> CERTAINTY | <input type="checkbox"/> efficacy | <input type="checkbox"/> choice |
| <input type="checkbox"/> inclusion | <input type="checkbox"/> support | <input type="checkbox"/> safety | <input type="checkbox"/> effectiveness | <input type="checkbox"/> freedom |
| <input type="checkbox"/> intimacy | <input type="checkbox"/> to know | <input type="checkbox"/> security | <input type="checkbox"/> hope | <input type="checkbox"/> independence |
| <input type="checkbox"/> love | <input type="checkbox"/> to be known | <input type="checkbox"/> predictability | <input type="checkbox"/> importance | <input type="checkbox"/> space |
| <input type="checkbox"/> mutuality | <input type="checkbox"/> to see | <input type="checkbox"/> stability | <input type="checkbox"/> mourning | <input type="checkbox"/> spontaneity |
| <input type="checkbox"/> nurturing | <input type="checkbox"/> to be seen | <input type="checkbox"/> consistency | <input type="checkbox"/> purpose | <input type="checkbox"/> GROWTH |
| <input type="checkbox"/> respect/self-respect | <input type="checkbox"/> to understand | <input type="checkbox"/> reliability | <input type="checkbox"/> self-expression | <input type="checkbox"/> learning |
| <input type="checkbox"/> TRANQUILITY | <input type="checkbox"/> to be understood | <input type="checkbox"/> trust | <input type="checkbox"/> to matter | <input type="checkbox"/> self-discovery |
| <input type="checkbox"/> calm | <input type="checkbox"/> PHYSICAL | <input type="checkbox"/> loyalty | <input type="checkbox"/> understanding | <input type="checkbox"/> stimulation |
| <input type="checkbox"/> beauty | <input type="checkbox"/> affection | <input type="checkbox"/> order | <input type="checkbox"/> quality time | <input type="checkbox"/> awareness |
| <input type="checkbox"/> peace | <input type="checkbox"/> movement | <input type="checkbox"/> PLAY | | <input type="checkbox"/> challenge |
| <input type="checkbox"/> communion | <input type="checkbox"/> exercise | <input type="checkbox"/> adventure | | <input type="checkbox"/> HONESTY |
| <input type="checkbox"/> ease | <input type="checkbox"/> rest/sleep | <input type="checkbox"/> joy | | <input type="checkbox"/> authenticity |
| <input type="checkbox"/> equality | <input type="checkbox"/> sexual expression | <input type="checkbox"/> humor | | <input type="checkbox"/> integrity |
| <input type="checkbox"/> harmony | <input type="checkbox"/> safety | <input type="checkbox"/> excitement | | <input type="checkbox"/> presence |
| <input type="checkbox"/> inspiration | <input type="checkbox"/> space | | | |
| | <input type="checkbox"/> touch | | | |
| | <input type="checkbox"/> warmth | | | |

PART II: Expression of Needs

Write down the 3 main needs in your relationship and 3 specific and tangible examples on what it would look like if that need was met. For example, 1) Importance; a) to express verbally or non-verbally that I am special to you and that you really value our relationship, b) to set aside uninterrupted quality time together during the week for us, c) to provide reassurance through your actions that I am a priority and nothing is more important to you than us.

1.

a.

b.

c.

2.

a.

b.

c.

3.

a.

b.

Share this with your partner.

List of Needs retrieved from: Retrieved from: Center for Non-Violent Communication. (2013, May 5). Feelings Inventory. <http://www.cnvc.org/Training/feelings-inventory>