

humantold

What Do We Need? (Part 1)

This activity is meant to be exploratory individually and relationally to help improve your abilities to communicate through what's working and what isn't working at the moment.

Sometimes, we learn our needs by knowing what is and isn't working. It's okay if your expectations in the relationship are different from what others may want or need in their relationship.

- Begin by taking some time separately to respond to some of these questions you feel are applicable to you or write down any additional questions you may have.
- When engaging in this practice find a calming space, do a breathing exercise, play music, light a candle or something that helps soothe you. Take your time with this and show yourself self compassion throughout.
- After this activity, schedule a time you both feel comfortable with (not actively fighting) to share your answers using conversation skills like L-O-V-E
 - **Listen** with an
 - **Open** heart and mind
 - **Validate** and acknowledge each other
 - **Express** our thoughts and feelings softly, simply and slowly.

1. Make a list of what's working in your relationship

-
-
-
-

2. In what ways can we make more space or opportunities for these parts?

-
-
-
-

humantold

3. Generally, what are the strengths & positive attributes I bring to my relationships?

-
-
-

-
-
-

4. What's my idea of a good day look like with my partner involved?

-
-
-

-
-
-

5. What's my idea of what a good day looks like for me?

-
-
-

-
-
-

6. What are the fundamental ingredients of my relationship I want

-
-
-

-
-
-

Reflection:
