

humantold

What Do We Need? (Part 2)

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 you would like to improve in your relationship (Rate their importance 1-10)

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2. What topics or subjects make me feel insecure about myself or the relationship? (Rate the intensity 1-10)

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If it feels helpful, start with one target item that is closest to the 5 range or lower of importance/intensity. As you get more comfortable, try to work your way higher. Or discuss with your partner how you both feel it would be best to approach these.

3. What items on the list are things that I am working on personally?

- How do these make me feel?
 - What would you like your partner to know as you work on this?
 - What am I needing/wanting from myself when trying to tackle this?
 - What am I needing/wanting from my partner as I try to work on this?
 - What are some limits or boundaries I need to set for myself with this?
 - What are some limits or boundaries I need to set for my partner with this?
 - How can I communicate potential struggles I am having with this item?
 - What else comes up for me or feel would be helpful?
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4. Are there any items on the list that my partner is working on?

- How do these make me feel?
- What would you like your partner to know as you work on this?
- What limits or boundaries do I need to set for myself and my partner as they work on this?
- What role is appropriate for me to play in this and what role does my partner want me to play?
- What do I need from my partner as they figure this out?
- How can I communicate my frustration or hurt to my partner when this item happens?
- If it does happen, what do I need from my partner after?
- What else comes up for me or feel would be helpful?

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5. Are there any items on the list that we have to work together as a team?

- How do these make me feel?
 - What would you like your partner to know as you work on this?
 - What am I needing/wanting from myself when trying to tackle this?
 - What am I needing/wanting from my partner as I try to work on this?
 - What are some limits or boundaries I need to set for myself with this?
 - What are some limits or boundaries I need to set for my partner with this?
 - How can I communicate potential struggles I am having with this item? Or communicate my frustration or hurt to my partner?
 - What else comes up for me or feel would be helpful?
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