

IDENTIFYING YOUR NEEDS

Before you ask anyone to meet one of your needs, it's important that you take the time to identify them for yourself and distinguish your present needs from your previous experiences. Identifying past experiences in this exercise is one way to make it clear to yourself that you're not asking for a need to be met that is packaged with all of your past unmet needs. You want to focus on what is in the present moment with this specific person and your experiences with him or her—not past experiences with other people.

Use the space provided to record your responses to the following:

Present situation:

Present emotions:

Present need:

Past experiences:

Once you have established that your need is in the present moment and that the request is being expressed toward the appropriate person, you can make your need known.