

The Relationship Roadmap



Navigation: Emotional Needs

It is perfectly natural to wish that your partner will instinctively know how to meet your every need, but it is not realistic. Use the following exercise to assess and communicate your emotional needs:

1) I wish my partner would do more of the following:
Example: Encourage me when I am full of self-doubt.

- a) _____
b) _____

2) I wish my partner would do less of the following:
Example: Check his/her cell phone when I am talking.

- a) _____
b) _____

3) S/he doesn't seem to understand that sometimes, all I need is: _____

4) When I am feeling stressed out, I want my partner to: _____

5) I think the most important thing I want my partner to know right now is: _____

6) Sometimes I am afraid to tell my partner how I really feel because: _____
