

IDENTIFY YOUR RELATIONSHIP NEEDS

What do you need from your *family*? (Do you need weekly family dinner with them? Do you need them to tell you they appreciate you? Do you need them to look to you for guidance?)

What do you need from your *friends*? (Do you need to have things in common with them? Do you need them to include you in everything? What values do you get out of each of your friendships?)

What do you need from a *romantic partner*? (Words of affirmation? A more lively sex life? Friendship? Humor?)

What do you need from your *leaders and mentors*? (What Kind of support do you need from those around you? What is missing from your relationships now? How do you need to be acknowledged?)

What do you need from your *colleagues*? (How do you need them to work with you? How do you need them to show up for you? What do you need them to know that would make it easier?)

What do you need others to need *from you*?

Within each relationship, how do you feel you need to participate to make the relationship meaningful?

Family: _____

Friends: _____

Romantic Partner: _____

Leaders/Mentors: _____

Colleagues: _____

RELATIONSHIP NEEDS CONTINUED



What feels burdensome?

What feels re-energizing to you?

Who reminds you of your purpose in life? How? Why?



IDENTIFY YOUR MATERIAL NEEDS



What do you need from your living quarters? (Is your house big enough for your family? Is there excess space? Do you feel safe and secure in your home? Do you have complaints about it?)

What do you need from your vehicle? (Is it reliable? Are the payments affordable? Does it serve the purpose you need it to serve?)

Why and how often do you need to shop for non-grocery items? (Is it for pleasure? Is it for you or for someone else who needs it to move forward with life?)

Why and how often do you need to eat out? (Is it a treat you have budgeted for to bond with someone? Or is it because you don't want to go grocery shopping?)

Why and how often do you need to travel? (Is it for work? Is it growing your life? Is it causing you debt?)

IDENTIFY YOUR EMOTIONAL NEEDS



How often do you need to be alone or around people to recharge?

Do you feel “less than” if someone forgets to affirm you?

Are you worried about how you look?

What kind of recognition do you need from your peers? Why?

What do you need people to say about you when you are not around?
