

# Taking care of needs in relationships

Exercises involving any kind of relation where you wish to experience greater understanding and explore communication.

## Relationship inspection:

1. Select a relationship that you want to examine: \_\_\_\_\_
2. Mark the number which describes how important it is for you to have these different needs met in this relationship.

	1 = not important				5 = very important
Meaning	1	2	3	4	5
Love	1	2	3	4	5
Intimacy	1	2	3	4	5
Respect	1	2	3	4	5
Safety	1	2	3	4	5
Freedom	1	2	3	4	5
Honesty	1	2	3	4	5
Understanding	1	2	3	4	5
Passion	1	2	3	4	5
Fun	1	2	3	4	5
Unity	1	2	3	4	5
Inspiration	1	2	3	4	5
Community	1	2	3	4	5
To be seen and heard	1	2	3	4	5
Other needs:					
...	1	2	3	4	5
...	1	2	3	4	5
...	1	2	3	4	5

3. Mark the number which describes how well these needs are met in this particular relationship.

	1 = not very well met				5 = very well met
Meaning	1	2	3	4	5
Love	1	2	3	4	5
Intimacy	1	2	3	4	5
Respect	1	2	3	4	5
Safety	1	2	3	4	5
Freedom	1	2	3	4	5
Honesty	1	2	3	4	5
Understanding	1	2	3	4	5
Passion	1	2	3	4	5
Fun	1	2	3	4	5
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Other needs:					
...	1	2	3	4	5
...	1	2	3	4	5
...	1	2	3	4	5

4. Compare the two forms and notice if there are any differences.

### **Assumptions that can serve the relationship:**

- 1) We share the same needs.
- 2) Everybody's needs are important.
- 3) Prioritize connection before solution, that is, establish connection before focusing on coming up with solutions.
- 4) We recognize that we are free to choose in words and actions.
- 5) We take full responsibility for our reactions (“I feel ... because I ...”)

### **Questions, focus and attitudes that can help us:**

- “How can I enrich your life?”
- “You enriched my life by ... it helped me to ...”
- “Do you want to know how you can enrich my life?”
- “Do you want to tell me how I have enriched your life?”
- Who are the other people that are important for this relationship? Why? What needs do they help you with?

### **Exercise in turning labels into needs and communicating the needs:**

List the labels and evaluations you have of the person in the relationship. (*For instance: 'Uncaring', 'Inconsistent', 'Dishonest', 'Selfish' ... 'Amazing', 'Considerate', 'Sweet', 'Intelligent' ... 'Always / Never does ...' etc.*) Once you're finished, get into pairs and help one another find the [ofnr](#) (observations, feelings, needs, requests) behind the labels.

Then switch pairs and make a role-play where you practice delivering the needs (ofnr).

### **Exercise in communicating intention behind action and getting feedback on the result:**

Think of one or more times you've tried to enrich this persons life. Fill in the blank.

*"I've tried to nourish your life by ... , and I'd love to hear if any of your needs were met by that. Are you willing to tell me?"*

Practice using the sentence in pairs. Make a role-play.

### **Exercise in expressing gratitude:**

Think of five persons who help you to have a good relation between you and this person, think of persons who support and nourish the love between you and this person. Tell these five persons what they do (have done) and what needs in you that are (have been) met by their actions.