What I need in my relationships

Rate how important each need is to you and how well it is being met.

Name _____ Date _____

Rate how important each need is to you, and how well it is being met at the moment in your close relationships.

Need	How important (0 to 10)	How well met (0 to 10)
To feel safe and able to trust		
To be listened to and understood		
Affection and warmth		
To be accepted as I am		
Respect		
Honesty		
Support when things are hard		
Fun and shared time		
Independence and space		
To feel appreciated		
Fairness in who does what		

The biggest gaps between importance and how well it is met

What have I done so far to get these needs met? Have I asked directly?

One thing I could ask for, or do differently

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