

## WHAT DO I REALLY NEED IN OUR RELATIONSHIP? FOR EACH PARTNER TO COMPLETE

Attachment is part of our DNA, part of being human, and a basic human NEED, not a just a want. This doesn't mean that we absolutely need a romantic relationship in order to live an enjoyable life... but it does need we need close, trusting relationships! This can be friendships, family relationships, and connection with our community. Within the context of a romantic relationship, which is the point of this worksheet, we all have general, basic needs and expectations. It can be helpful to understand what these needs are and to also identify your unique needs.

**Basic Healthy Attachment = Safety + Trust + Emotional Responsiveness/Connection**  
(Includes Boundaries) (Accessibility + Responsiveness + Engagement)

**Accessibility** means I trust that I can access your attention, presence and support - based on your previous ability to do so. Can I depend on you making me a priority? Will you be open and receptive to my feelings? Will you listen to me? Are you emotionally available? If I reach out to you, will you be there?

**Responsiveness** means that I can count on you to tune into me (empathize, validate, understand, etc.). Will you express sensitivity and compassion? Will you comfort me when I need it? Will you empathize with me?

**Engagement** means you will embrace me and cherish me. Will you listen to my feelings and allow yourself to connect and be affected by them through empathy and care? Are you interested, curious about me? Will you express and show your affection for me with your words, eye contact, holding me, comforting me?

Describe an example of when you were accessible to your partner.

Describe an example of when your partner was accessible to you.

Have you experienced a time where your partner was highly responsive? Describe this. How did this feel?

How would you describe your level of engagement in your relationship?

How do you imagine your partner would describe your level of engagement?

Describe additional needs you have that would provide you with feelings of safety and connection.

Describe areas you need to improve on in order to provide your partner with safety and connection.