



"Close connections with others start with feeling connected to ourselves. A downward spiral of negative emotions in an interaction can be replaced by an upward spiral when self-compassion is brought into play."

~ Kristin Neff, PhD

FULFILLING OUR EMOTIONAL NEEDS

We often put a lot of pressure on our relationships as if our partner should be able to mindread or meet all of our emotional needs. Resentment is a common emotion in relationships. For example, you may resent the fact that your partner didn't realize you needed encouragement to finish a big project. Of course we can't meet all of our own needs and must rely on others in life - but we aren't as wholly dependent as we might think.

Begin by describing ways you may be feeling dissatisfied in your relationship. Maybe you are getting enough attention, support, validation? Are you not getting enough texts? Compliments? Valuable time? Gifts?

Now see if you can describe the specific need that isn't being met? To be valued, cared for, cherished, loved, respect? What is MISSING? See if you can list 5 needs that have not been met recently.

- 1
- 2
- 3
- 4
- 5

Explore ideas for how you might meet this need for yourself. For example, if you want to feel more cared for, can you enjoy some time doing something enjoy with the intention to truly provide yourself with care during the experience? If you need more physical touch, can you schedule a massage? If you need more compliments, can you identify at least one aspect you like about yourself and say it to yourself aloud and truly feel the realness of it? See if you can list a solution for each of the 5 needs you listed above.

- 1
- 2
- 3
- 4
- 5

Remember that meeting your own needs as best you can does not mean your partner shouldn't also meet your needs. This practice also provides an opportunity for you to discover what is truly missing and perhaps COMMUNICATE these needs to your partner, while also having a plan to give yourself Self-Compassion and action-oriented self-care.