



The Mind Garden
bloom where you're planted

COMMUNICATING NEEDS AND WANTS WORKSHEET

DREAMLAND

dispatch

Take some time to reflect on your personal needs and wants in relationships. Write down a list of your top three needs and top three wants in a relationship. Next to each item, briefly explain why it is important to you.

What are your top three needs in a relationship, and why are they important to you?

What are your top three wants in a relationship, and what do they represent for you?





OWN YOUR 'I'

statements

Read each scenario carefully and respond by crafting an "I" statement that effectively communicates your thoughts, feelings, needs, or wants assertively. Use the space provided to write your responses.

Scenario 1: Your roommate frequently borrows your belongings without asking.

"I feel frustrated when my belongings are used without my permission. I need to have my boundaries respected, so I'd appreciate it if you ask before borrowing anything."

Scenario 2: Your colleague consistently interrupts you during team meetings.

Scenario 3: Your partner often makes plans without consulting you first.

Scenario 4: Your family member frequently criticizes your choices and lifestyle.

Scenario 5: Your friend frequently cancels plans at the last minute.



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BLUEPRINT

for evolving

Set specific, measurable, achievable, relevant, and time-bound (SMART) goals related to expressing needs and wants assertively in relationships. Write down your goals in the worksheet and outline action steps to achieve them.



How do these goals align with your values and aspirations for personal growth and relationship development?