



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 10

Understanding your needs

Most of us are better at keeping track of what others need and want rather than remaining aware of ourselves and our own needs. By answering the following questions, you will find it easier to identify where you may need to do some work.

Are you comfortable with the notion that it is your right to have needs and that you cannot meet them all?

Are you clear about some or many of your current needs? Do you recognize your needs and respect them?

Do you have a good understanding of which needs you can meet by yourself and those which can be met by others?

Are you comfortable with the idea that some of your needs **MUST** be met by other people?

Do you agree, at least in concept, that it is acceptable and, in fact, reasonable to ask others to meet some of your needs?

Are you able and willing to honor your needs and ask others to help you meet your needs?

Yes/No

If you did not answer YES to all of these questions, don't despair we'll be looking at this more closely later

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