

How to Communicate Your Needs to Your Spouse

Oftentimes, when we are lacking something in our relationship, we communicate out of anger, frustration, or something else that might further disconnect us from our partner. Use this worksheet to help you understand how to share what you really need with your spouse.

First, ask yourself these questions:

1. What happened that led me to feeling upset/frustrated/etc.?
2. What does that event actually mean to me? How does it really make me feel?
3. When those things happened, what did I do? And what did I truly need/hope for?

Here are some common experiences, to help you identify your own inner feelings and needs:

Some common relationship fears:

- fear of being alone
- fear of being unloved or unlovable
- fear of being inadequate
- fear of being too much/needing too much
- fear of not being truly accepted

Common deeper feelings:

- unlovable
- alone
- hurt
- fear

Some common needs:

- to be loved
- to be accepted
- to be understood
- to be known
- to be reassured/secure

Now communicate your inner experience with your spouse:

When [stressful situation] happened, I actually felt [deeper feeling], and realized that I need [actual need]. Can you be there for me when this happens?

