Reveal a Personal Need
in an important relationship

This is a helpful skill when we want change in a personal relationship with somebody we care about. If we are annoyed or upset about something the person is doing or not doing, it is awkward because we don't want to hurt their feelings. And thankfully we don't need to once we take the time to understand what is going on with us.

More often than not our negative feelings are hiding a positive need that we have. When we understand our positive need we can express that rather than give out or nag about something. That way we move forward together.

The skill is to examine ourselves and understand what we need and then explain that to the other person rather accusing our friend/loved one of not caring.

In the video the young woman was upset that she didn't have some time to relax when she came home from work, but rather than give out to her partner for bothering her, she explained that she needed time out to relax and asked if he was willing to help her. She didn't try to point out his shortcomings but rather asked him to help her out with her need.

We take responsibility for ourselves by examining what we need and then trying our best to satisfy that need whether that is a physical, emotional or spiritual need. We don't demand for others to satisfy our needs, we are merely asking our friend/loved one if they would like to help us.

When we know what we need, we know what to ask, and if for some reason the other person cannot help us out, well then we may have to consider looking elsewhere to fulfil this need if it's important to us. But at least we know that we gave them a chance.

PAUSE to think about something a loved one does that you can be annoyed or feel bad about and then think about what your need is and how you can explain to the person:

It annoys me or upsets me when

but really this negative feeling/upset is hiding my positive need for....

How can I fulfil this positive need? Who and what do I need to ask for?

You take responsibility for who you are and what you feel which in the long-run inspires everyone around you. Many people hide their feelings and become bitter thinking that nobody cares, but it's because they haven't explained or dared think about what they really want or need, for fear of not fitting in or being rejected. But rejection helps us to move forward while hiding leaves us behind.

Negative Feelings into Positive Needs

Sometimes we assume that other people know what we need or feel, especially close friends or family, but mostly it is only when we express a need that other people really get it, even in close relationships.

Roleplay or **Write out** positive needs and requests to deal with the negative feelings below.

Example
Negative situation: A friend makes noise that upsets me
Positive need: quiet to concentrate on what I am doing/time out/peace and quiet solution-
I can:
• tell my friend that I need some quiet time – and ask if it would be possible to do the 'noisy' job later- if not, you'll go for a nice walk and take that time later OR
 • ask my friend to play the music/dvd at a lower volume OR
 • ask my friend/partner if you can help to get the noisy job done quicker as you need..

Exchange five of the following situations into positive requests:

• A friend borrows something without asking

• A loved one keeps arguing

• A partner expects me to provide all the meals

• A friend ignores me when we are in a bigger group

• I'm always left tidying up

• I am falling behind with important work because my friend wants us to party

• My friend has borrowed money from me and now I'm left short