

My 3 Needs

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Expectations are...

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My Tool Box

1	6
2	7
3	8
4	9
5	10
Total	

The 3 Needs

Expectations

Realistic

Toxic

Reasonable

12 Needs

Realistic



Needs & Expectations



What are My Relationship Needs

Acceptance	Consideration	Love
Affection	Consistency	Optimism
Appreciation	Desire	Respect
Comfort	Effort	Security
Commitment	Emotional Support	Space
Communication	Excitement	Spontaneity
Companionship	Growth	Trust
Confidence	Laughter	Understanding

What are My Relationship Expectations

I Will Always Be Their #1 Priority	It Will Always Be Fair	Offers Emotional Support
Basic/Good Communication	Friends & Family Will Get Along	Fill All My Needs
The Sex Will Always Be Good!	Enjoys Quality Time	Will Bring Me Happiness
My Partner is Trustworthy	No Desire for Others	Will Never Disappoint Me
Jealousy Means Love	Will Be All That I'm Looking For	Will Consider Self & Others
Will Always Be On My Side	Partner Always Honest	Will Get my "Hints"
We Will Be Relatively Equal	Partner Will Apologize First	Will Love My Friends & Family
Sincerely Respects Me	Will Support My Growth	Rare Major Disagreements