

Getting your needs met™

with Rhonda Britten

FEARBUSTER EXERCISES™

Getting Your Needs Met

All of us need the following things, yet which ones matter the most to you?
Rate from 1-10, 1 being “not really” to 10 being “essential”

Need	Rating 1-10
Respect	
Friendship	
Family	
Fairness	
Power	
Success	
To Be Included	
Safety	
Openness	
Harmony	
Belonging	
Peace	
Community	
Responsibility	
Fun	
Honest	
Trust	
Love	
Joy	
Order	
Duty	

Need	Rating 1-10
Acceptance	
Understanding	
Commitment	
Structure	
Change	
Control	
Space	
Solitude	
Abundance	
Financial Stability	
To Be Understood	
Express Your Feelings	
Rest	
Support	
Faith	
Recognition	
Want to Be Useful	
Responsibility	
Predictability	
To Contribute	
Other:	

Getting Your Needs Met

Think of the last time you were feeling frustrated. What need wasn't being met? Did you need connection, respect, community, to feel appreciated?

Think of the last time you were confused or overwhelmed. What need wasn't being met?

Think of the last time you were happy. What need was being met?

The Pathway to Speaking Honestly and Directly about Your Needs

1. Use "I" Statements
2. Take responsibility that it is your need
3. Share what your need is
4. Share your feelings
5. Ask for specific support

Key Takeaways

1. Admit that you have needs.
2. Speak about your needs honestly and directly, and ask for support to get your needs met.
3. Take 100% responsibility for your needs.
4. Do not compromise your integrity.
5. Needs are separate than love. Just because you love someone doesn't mean your needs are met, and just because someone loves you doesn't mean they know how to meet your needs.
6. Your needs must be met in order for you to feel safe and be at your best.
7. NEVER guilt, dominate, pretend, deny or manipulate anyone to get your needs met.

Notes:

Great Work!