



Relationship Coach Valerie Greene

Stop Fighting and experience love, intimacy, and passion again!



Exercise: share your softer feelings and needs to draw your partner closer:

Remember a recent argument (only mildly upsetting) and get underneath the anger to one of the softer feelings and needs listed below.

Write a sentence describing what happened, how you felt, and what you were needing.

- Use "I" statements only. Some useful statements are:
- I saw/heard **factual statements**, like what a video camera would see
- I feel... (share your softer feelings like sadness, fear, shame, or longing, listed below.)
- I need... (what do you need from your partner right now. There's a list of attachment needs on the next page)

Softer, vulnerable feelings that can create space for intimacy:

Longing
Ashamed
Sadness
Lonely
Remorseful
Regretful
Worn out
Scared
Insecure
Disheartened
Heavy Hearted
Wistful
Embarrassed

Common responses from people answering the question “What do I need to feel secure and loved?*

I need to feel, to sense that...

- I am special to you and that you really value our relationship.
- I am wanted by you, as a partner and a lover - that making me happy is important to you.
- I am loved and accepted, with my failings and imperfections. I can't be perfect for you.
- I am needed. You want me close.
- I am safe because you care about my feelings, hurts, and needs.
- I can count on you to be there for me, to not leave me alone when I need you the most.
- I will be heard and respected. Please don't dismiss me or leap into thinking the worst of me. Give me a chance to learn how to be with you.
- I can count on you to hear me and to put everything else aside.
- I can ask you to hold me and to understand that just asking is very hard for me.
- I need that reassurance that I am number one with you and that nothing is more important to you than us.
- I can count on you to hear and respect my opinions.”

*These list of needs are taken from the book Hold Me Tight by Susan Johnson