

What Might I Need?

Home:

TV or music playing or quiet
Lighting/Temperature/Colors
Cleanliness/Clutter

Relationship with Partner

How much time together?
How much hand holding, hugging, sex?
Shared vs separate interests
How much independence, control or shared decision making?
Time with partner's family
Amount of travel
Availability/busyness of partner
Financial stability
Help around the house

Relationship with Friends/Family:

Communicate through email, text, phone?
Handshake, hug or touched
Agreeing on politics, religion, etc.
Sense of humor

Nourishment:

Time in nature
Creative endeavors
Safe place where you are supported
Personal downtime

Body:

Physical health needs
Habits (exercise, meditation)
Weight
Sleep needs and timing
What soothes you
What energizes you
Dietary pattern
Personal space

Hobbies:

What hobbies bring you pleasure?

Beliefs and opinions:

Are you open minded or judgmental?
Do you stand behind your beliefs?
Do you need to agree on politics, religion, etc.
Or can you just have topics be off limit?

Your Stuff:

Loan your possessions (to partner, family, friends)
Taking care of your possessions
Loan money (to partner, family, friends)

Communication:

How frequently with family, friends, partner?
Dive deep or keep it light?
Interruptions?
Honesty/Respect/Being kind
Being heard
Being direct
Is spirited debate OK?

Social:

Go out or stay in?
Big groups, small groups, one-on-one?
Live music, parties, parades, bars, or crowds?
Energized or depleted by socializing
Timing of social engagements (early or late)

Work:

How many hours will you work?
Work from home or at office?
How much will you travel?
How much time will you spend in meetings, on a computer, with customers or clients?
How much independence will you have?
What salary do you need?

Preferences, Desires, Deal Breakers

Preferences – partial to one option over another, room to compromise

Desires – a step up from preferences, our most potent wishes

Deal Breakers – non-negotiable boundaries, cannot live without

Needs	Preference	Desire	Deal Breaker