

# 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