

**REVEAL A PERSONAL NEED Technique**

This is a helpful skill when we want change in a personal relationship with somebody.

If we are annoyed or upset about something the person is doing or not doing, it is awkward because we don't want to hurt their feelings. And thankfully we don't need to once we take the time to understand what is going on with us.

More often than not our negative feelings are hiding a positive need that we have.

When we understand our positive need we can express that rather than give out or nag about something. That way we move forward together.

So the skill is to examine ourselves and understand what we need rather than to dig into the past and accuse our friend/loved one of not caring.

So for example in the video the young woman was upset that she didn't have some time to relax when she came home from work, but rather than give out to her partner for bothering her, she explained that she needed time out to relax and asked if he was willing to help her.

When we know what we need, we know what to ask, and if for some reason the other person cannot help us out, well then we may have to consider looking elsewhere to fulfil this need if it is something important to us. But at least we know that we gave them a chance.

PAUSE to think about something a loved one does that you can be annoyed or feel bad about

It annoys me or upsets me when.....

but really this negative feeling/upset is hiding my positive need for....

How can you fulfil this positive need? Who and what do you need to ask for?

To fulfil my need I have to reveal my need to.....  
and ask if.....

This can be a completely new way of communicating.

To help re-wire your brain into linking positive needs to your negative feelings see below

## NEGATIVE FEELINGS INTO POSITIVE NEEDS

5A3

### Roleplay

**OR think and write out positive needs and requests  
that could be linked to the negative feelings below**

Sometimes we assume that other people know what we need or feel, especially close friends or family, but mostly it is only when we express a need that other people really get it, even in close relationships.

Change the negative situations below to positive requests –

### Negative feelings around

- A friend is making noise that upsets me  
(e.g. 'I really need some quiet time, would you be able to....')
- A friend borrows something without asking
- A loved one keeps arguing
- A partner expects me to provide all the meals
- A friend ignores me when we are in a bigger group
- I'm always left tidying up
- I am falling behind with some important work because my friend wants us to party
- My friend has borrowed money from me and now I am left short

Eg. Negative feeling/upset: a friend is making noise

Positive need: quiet to concentrate on what I am doing/time out/peace and quiet

solution:

- tell your friend that you need some quiet time – and ask if it would be possible to do the 'noisy' job later- if not, you will go for a nice walk or ....
- ask your friend to play the music/dvd at a lower volume
- ask your friend/partner if you can help to get the noisy job done quicker as you need...