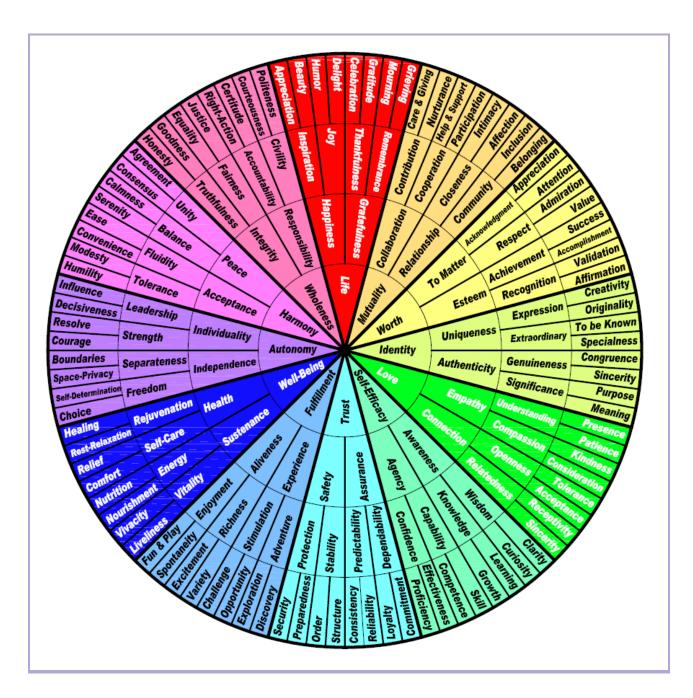
Needs



Helpful website if you're unsure what you need:

https://www.healthline.com/health/emotional-needs#acceptance

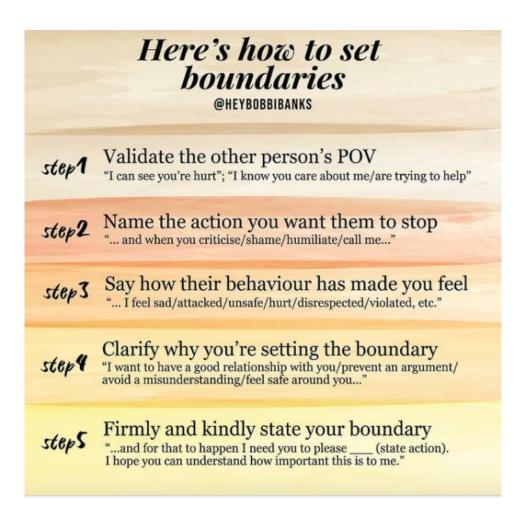
In a relationship I (partner A) need	What that looks like to me	When this need is met I feel	When this need is not met I feel	When this need is not met, I like/need	How would you (partner B) like me to communicate when I feel this need is not being met

Qualities I want in a partner (not in order of importance)				

Qualities I do not want in a partner (not in order of importance)						
Communication						
When you (partner B) are feeling	This is how I (partner A) need you to communicate it with me	What to avoid				
I feel supported when you						

I feel acknowledged for my efforts when you say or do				

Boundaries



I know you care about me but when you_____(2) I feel _____(3). I want to _____(4) and for that to happen I need you to please _____(5). I hope you can understand how important this is to me.

Love Languages

Love language	What that looks like to me	Things to avoid
Words of affirmation		
Physical touch		
Quality time		
Gifts		
Acts of service		