

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

Here's how to set boundaries
@HEYBOBBIBANKS

step 1 Validate the other person's POV
"I can see you're hurt"; "I know you care about me/are trying to help"

step 2 Name the action you want them to stop
"... and when you criticise/shame/humiliate/call me..."

step 3 Say how their behaviour has made you feel
"... I feel sad/attacked/unsafe/hurt/disrespected/violated, etc."

step 4 Clarify why you're setting the boundary
"I want to have a good relationship with you/prevent an argument/avoid a misunderstanding/feel safe around you..."

step 5 Firmly and kindly state your boundary
"...and for that to happen I need you to please ____ (state action). I hope you can understand how important this is to me."

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		