



welcome to
**HOW TO GET YOUR
NEEDS MET**



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ABOUT ME

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Confidence + Assertiveness Specialist

My work is centered around helping ambitious women heal patterns of feeling "not enough" or "too much" that manifest in their personal and professional life and rewire subconscious beliefs so they can increase their self-worth and their net worth.



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By the end, you will...

- *Identify what your needs are and who is responsible for meeting them*
- *Learn how to ask for your needs to be met in an effective way*
- *Understand why unvoiced expectations are the downfall of most relationships*

Relational **NEEDS**

Emotional needs – whether in a relationship or not – are feelings or emotions we need to feel at peace, happy, and content. Without meeting our emotional needs, we feel frustrated, unhappy, dissatisfied, and resentful. Emotional needs examples can be feeling appreciated, feeling safe, feeling a sense of belonging, etc.

SAFETY

AUTONOMY

SPONTANEITY

SUPPORT

BELONGING

CONNECTION

VALIDATION

QUALITY TIME

TOUCH

COMMUNICATION

FIDELITY

ACCEPTANCE

TRUST

WILLINGNESS

EMOTIONAL CONNECTION

PRIVACY

BELONGING SOCIALLY

EMPATHY

LISTENING

UNDERSTANDING

FUN

HUMOR

RELIABILITY

CONSISTENCY

Step ONE

Getting your needs met starts with differentiating between a want and a need.

So before you ask your partner to do something because you "need" it, slow down and determine if it is a want or a need.

Then, decide if it is you or your partner who will meet that need. You need to be clear on your need before you ask for it. This is where your individual work (therapy, coaching, etc.) comes into play.

We often task our partner with meeting "needs" that are really our "wants" to handle.

A need is something you can't live without, and a want is something you'd like to have but can compromise on. Sounds simple, but when it comes to relationships we seem to get it wrong.



WANTS

noun: a desire or an inclination for something

verb: have a desire to possess or do (something):

wish for

Wants are a bonus to have, and while they contribute to overall satisfaction in the relationship, they are not essential like needs.

CAN LIVE WITHOUT IT

NEEDS

verb: require (something) because it is essential or very important

Needs must be met in order for the survival and growth of your romantic relationship. They are non-negotiable and we often conflict when we assume or interact with them as if they are negotiable.

CANNOT LIVE WITHOUT IT

"The trash needs to be taken out."

VS

"I want you to take out the trash. What do you require from me for that to happen?"

Step TWO

Determine a good time to ask for your need to be met... so, not right when your partner gets home from work or is in the middle of doing something.

You may want to tackle something right away and "need" something to be done immediately, but that does not mean your partner is in the headspace for it at the time.

This also goes for the urgency of communication, especially in those with anxious attachment. The feeling of urgency can cause us to escalate our attempts for the need to be met.

Step THREE

Communicate what you need in a way that they feel motivated to meet the need.

We often explain the consequence of the need not being met rather than the benefit of the need being met.

Who wants to meet a need only to avoid punishment or consequence?

Interpersonal **EFFECTIVENESS**

Interpersonal effectiveness is essentially the skills we use in how we relate to others.

Our knowledge and experience in using these skills vary greatly from person to person.

The two components are the ability to ask for things and to say no to requests, when appropriate.

There are 3 main categories of effectiveness skills:

OBJECTIVE

RELATIONSHIP

SELF-RESPECT

Skills

- **Objectiveness Effectiveness: (Dear Man)**
 - **D**escribe
 - **E**xpress
 - **A**ssert
 - **R**einforce
 - **M**indful
 - **A**ppear Confident
 - **N**egotiate
- **Using Relationship Effectiveness: (Give)**
 - **G**entle
 - **I**nterested
 - **V**alidate
 - **E**asy Manner
- **Self-respect effectiveness: (Fast)**
 - **F**air
 - **A**pologies (no Apologies)
 - **S**tick to value
 - **T**ruthful

Consideration FACTORS

FACTORS TO CONSIDERwhen ASKING for something or saying NO

Priorities

♥ OBJECTIVES: Very important?

Increase intensity of ASKING or saying NO

♥ RELATIONSHIP: Weak, tenuous, fragile, injured?

Consider reducing intensity of ASKING or saying NO

♥ SELF-RESPECT: On the line? Will it be damaged if I ask or say no?

Intensity of ASKING or saying NO should fit your values

MY WANTS AND DESIRES in this situation:

OBJECTIVES: *What specific results do I want?*

RELATIONSHIP: *How do I want the other person to feel about me?*

SELF-RESPECT: *How do I want to feel about myself after the interaction?*

Step FOUR

Your partner may not be able to meet your need for various reasons.

If your need is really a want in sheep's clothing, then compromise and come up with a solution that works for both of you.

If your need is truly a relationship need and your partner won't budge, this would be a time for a deeper discussion or couples counseling.

But...

WHAT IF I LOVE THEM?

If you have been clear and direct and use how you learn to communicate today and your partner still won't budge and you don't see changes... it may be time to end it.

The longer you spend time in a relationship with someone who isn't for you you prevent yourself from meeting the person who is for you.

What are you gaining by trying to stay and convince the person who isn't the right fit to become a fake person who is?

Step FIVE

If your partner is willing to meet your need, be grateful to them.

Don't overdo it because that can feel like patronizing.

Remember, what you appreciate, you get more of.

INCENTIVIZE THEM to meet your need and say **THANK YOU** when they do!

Let's talk about...
EXPECTATIONS

Expectations are something that should be done without me having to do anything for it to happen.

The two times you hear about expectations are when they are exceeded or dashed. Hence why Yelp and ratings systems exist.

Expectations breed more expectations and they are premeditated resentment.

Clearly explained and agreed upon expectations prevent conflict.

You may wonder
"WHY AM I LIKE THIS?"

Humans try to get people to do things. We think we need whatever it is, and so we start saying to ourselves 'How do I get you to do _____?'

The other person picks up that "you need to get me to do something" which means you don't trust I am already on your team and I'll do anything you ask me to do if I can.

You've been interacted with as if you aren't already a yes and that hurts.

Due to ineffective and often passive-aggressive communication that is modeled to us, we don't believe we can be direct and get our needs met. We often believe we have to convince or manipulate, etc. or we don't have the assertiveness skills and words to use to ask effectively.

So...

WHY DO WE DO THIS?

We invent things about people - what they "should" do/say/be/notice, etc.

We also develop expectations based on childhood experiences, or lack thereof, and utilize this as a blueprint of sorts when we interact with others in adulthood.

We anticipate what the other person expects of us by projecting onto them what you expect they will expect of you.

We project onto others what we want/need ourselves and that either insults them or they don't need it and therefore don't appreciate it.

How many of you project your own needs and wants onto another person as a way of modeling for them what you really want them to do?

So... HOW DO WE CHANGE?

Each time you go to do something for another person, ask yourself

“What is the purpose behind me doing this for them?”

“Was this explicitly asked and agreed upon that I would do it?”

✓ If yes, we can reasonably say appreciation can be asked for or given freely.

✗ If no, we cannot reasonably say appreciation will at least be given freely or at most be seen as something that needs to be given which harkens back to the problem of expecting noticing/appreciation for something the other person never asked for but we decided they needed on their behalf or would benefit them.