

THE GPS COORDINATE TO MY HEART

THE ONLY WAY FOR YOUR PARTNER TO KNOW YOUR HEART AND TO MEET YOUR NEEDS IS FOR YOU TO REVEAL YOURSELF TO YOUR PARTNER. YOU MUST ASK FOR WHAT YOU NEED. THIS EXERCISE GIVES YOU THE OPPORTUNITY TO REVEAL HOW YOU WOULD LIKE FOR YOUR PARTNER TO MEET YOUR NEEDS. IDENTIFY 3 (OR MORE) SPECIFIC WAYS YOUR PARTNER COULD MEET EACH OF YOUR TOP 10 NEEDS. THEN VULNERABLY SHARE YOUR NEEDS WITH YOUR PARTNER.

"One of my important need is _____. "You could meet this by...

When you do this, you will be handing your partner the GPS coordinates to your heart.

Acceptance

1

2

3

Affection

1

2

3

Appreciation

1

2

3

Approval

1

2

3

Attention

1

2

3

Comfort

1

2

3

Encouragement

1

2

3

Respect

1

2

3

Security

1

2

3

Support

1

2

3