Reassurance Checklist – Communicating Your Needs

*Communication in relationships can be expressing your needs to be happy in your relationship. Communicating your needs is important in making sure you are open about what is important, and if this person can fulfill those needs.*

* I need to be reminded of what you love about me.
* I need to know that I am special to you.
* I need to know that you value the relationship you have.
* I need to know that you see my efforts.
* I need to know how you best like to receive love.
* I need to know that you are willing and able to support me when I need it.
* I need you to tell me ‘I Love You’ at least once everyday.

Communication Affirmations

*These affirmations are to help you get comfortable with communicating and remind you the reasons communication is important. There is also space to create your own affirmations.*

“I communicate clearly and express my feelings with ease.”

“I am allowed to communicate my feelings.”

“I communicate in my relationships, even when it is difficult.

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