

I express my needs

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I ask for what I need. I have the courage to let others know what I want. I communicate clearly and tactfully in my request. I am specific about the changes I want to make. I state my preferences politely and listen to what others have to say.

I become more likely to receive the things that matter to me. Asking for what I need clarifies my priorities and shows others what I value.

I strengthen my relationships. My interactions are based on honesty and trust. I encourage understanding and cooperation. I acknowledge what others do for me.

I reduce stress. I avoid becoming overwhelmed and resentful. I feel supported and cared for.

I remain flexible. I distinguish between requests and demands. I am willing to consider alternative solutions. I accept rejections gracefully and make back-up plans in case I am turned down.

I ask my family for their love and commitment. We look for ways to pull together and leverage each other's strengths. I ask my friends for their companionship and laughter. During difficult times, I tell them whether I need a hug or a sounding board. I ask my colleagues for constructive feedback and guidance.

Today, I confidently speak up when there is something that I want. I act reasonably. I take the needs of others into account too. I know that I am worthy of having my needs met.

Self-Reflection Questions:

1. What happens when I assume that others can read my mind?
2. Why do I sometimes hesitate to ask for what I need?
3. What is one thing I want to ask my family for?