

How to Ask for What You Need

A simple, respectful communication exercise for expressing needs clearly without conflict.

- Identify the feeling using one or two words.
- Share the situation without blaming.
- Express the need clearly and simply.
- Offer a positive request focused on what you want.
- Invite teamwork and partnership.

How To Use the Asking-for-Needs Exercise

- Use it when small frustrations build or during weekly check-ins.
- Introduce it as a way to understand each other better.
- Set it up in a calm moment with good timing.
- Follow ground rules: no blaming, no exaggerations, listen fully.
- If defensiveness appears, slow down and reassure your intent.

Disclaimer

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