Met and Unmet Needs

What needs were met or unmet in the broken relationship?

The inability to see the best and worst of the recently broken relationship can lead to vague feelings, emotions, and a confusion of guilt, anger, and grief.

Gaining clarity over what was wrong and what was right will lead to greater emotional awareness and the chance to let go of the past.

Think of your last relationship and answer the following questions as completely and honestly as possible. This is not about blame but learning how to move on and taking that learning with you:

What needs do you feel were unmet in the relationship (such as intellectual, emotional, physical, sexual, etc.)?

What needs do you feel were met in the relationship (such as intellectual, emotional, physical, sexual, etc.)?

Think through each of the above points. Write out your top five needs for your next relationship. Arrange them by priority:

1.	
2.	
3.	
4.	
5.	

Think about these needs and why they are important. Consider them as you create your new life and let go of the old one.

Dr. Jeremy Sutton