

"I have a request."

When it's hard to ask for what you need

Sometimes I don't ask for what I need because...

- ☐ I'm afraid you'll say no.
- ☐ I'm embarrassed.
- ☐ I'm ashamed.
- ☐ you don't ask me for help.
- ☐ I feel guilty.
- ☐ it feels too risky.
- ☐ I don't trust you.
- ☐ I'm afraid to get my hopes up.
- ☐ I've been let down so often.
- ☐ I don't want you to resent me.
- ☐ I don't want you to judge me.
- ☐ I'm used to you saying yes but not following through.
- ☐ I don't know how to make requests that don't sound like criticism.
- ☐ I hate being disappointed.
- ☐ when I ask, you feel nitpicked.
- ☐ I wish I didn't have to ask.
- ☐ I don't want you to think I'm weak or needy.
- ☐ we disagree on what's important.
- ☐ you seem annoyed.

- ☐ I'm invisible when you're...



Drinking? Gaming? Checking your messages?

- ☐ I expect you to get mad.
- ☐ I don't want to sound ungrateful.
- ☐ you've told me my requests feel like threats.
- ☐ I'd rather give up than be let down.
- ☐ I don't want to start a fight.
- ☐ if you say yes now I worry that I'll pay for it later.
- ☐ you get irritated whenever I interrupt you.
- ☐ I'm not sure you can give me what I need.
- ☐ it's easier to do things myself than argue about whose turn it is.
- ☐ other

I've decided to ask anyway, because...

- ☐ I really need your help.
- ☐ I'm feeling desperate.
- ☐ I don't know what else to do.
- ☐ I've tried everything else.
- ☐ I'm running out of time.
- ☐ I don't want our kids to suffer.
- ☐ this is a two-person job.
- ☐ I need to feel like a priority.
- ☐ I'm freaking out.
- ☐ I screwed up.
- ☐ I'm feeling paralyzed.
- ☐ you find time for other things.
- ☐ I need to know you're trying.
- ☐ you're better at this kind of thing.
- ☐ you've asked me to tell you when I need help.
- ☐ I can't always be the one who saves the day.
- ☐ the people I thought would help out haven't.
- ☐ I think you'll feel better if you say yes.

- ☐ I can't wait till you offer.
- ☐ I need you to follow through.
- ☐ you made me promises.
- ☐ I love you.
- ☐ I'm stressed out.
- ☐ I'm feeling overwhelmed.
- ☐ this is important to me.
- ☐ I miss what we had.
- ☐ I don't want to resent you.
- ☐ I need to feel loved.
- ☐ I want to feel more connected.
- ☐ I want to feel like we're stronger together than we are apart.
- ☐ I can't keep making excuses .
- ☐ my family thinks you hate them.
- ☐ other

So here goes. I'd love it if you would...

Don't say "Be nicer."
Describe the behavior
you're looking for.



1.

2.

3.

4.

...because if you'll do those things, I think I'll feel...

- ☐ respected.
- ☐ taken seriously.
- ☐ heard.
- ☐ understood.
- ☐ wanted.
- ☐ safe.
- ☐ supported.
- ☐ grateful.
- ☐ hopeful.
- ☐ proud.
- ☐ appreciated.
- ☐ more loving.

- ☐ less frightened
- ☐ less lonely.
- ☐ less angry.
- ☐ less resentful.
- ☐ less stressed.
- ☐ less cranky.
- ☐ more open.
- ☐ more generous
- ☐ more relaxed.
- ☐ more approachable.
- ☐ more playful.
- ☐ more affectionate.

- ☐ more confident.
- ☐ more invested.
- ☐ more trusting.
- ☐ more willing.
- ☐ more interested.
- ☐ more
- ☐ committed.
- ☐ more connected.
- ☐ more attracted
to you.
- ☐ other

Here are a few tips to help you be successful...

- ☐ thank me for being honest.
- ☐ exceed my expectations.
- ☐ don't add alcohol to the mix.
- ☐ do whatever you agree to do ASAP (don't make me wait).
- ☐ don't get me excited if there's a chance you might back out.
- ☐ anticipate what could go wrong and have a back-up plan.
- ☐ don't tell me how much you sacrificed, or how much it cost.
- ☐ give me what I've asked for-- not what you think I might like.
- ☐ make the arrangements yourself.
- ☐ don't expect a reward.
- ☐ enjoy making me happy.
- ☐ don't make plans without asking me first.
- ☐ allocate more time than necessary, so you won't be rushed.
- ☐ don't rely on me to remind you or keep track of the details.
- ☐ ask if you aren't sure what I want (instead of guessing and leaving us both feeling disappointed.)
- ☐ make whatever you do look effortless.
- ☐ other

Let me know what you decide, ASAP.

It would mean a lot.

Thanks for listening.

Signed: