

NEEDS AND EXPECTATIONS CLARIFIER

A Guide to Clear Communication and Healthier Relationships



Understand your needs, communicate clearly, and build healthier relationships.

Understanding Needs vs Expectations

Needs are essential for your emotional well-being, such as respect, safety, and communication. **Expectations** are hopes or preferences about how things should be. Clarity helps you communicate better and set healthy boundaries.

Check-In With Yourself

In relationships, I often feel:

- Heard and understood
- Sometimes unsure
- Overlooked or misunderstood
- Afraid to express my needs

One situation where I feel unclear about my needs:

My Core Needs

What I truly need in relationships:

- Respect
- Honest communication
- Emotional safety
- Consistency
- Support
- Space / independence
- Other: _____

My top 3 needs:

- -
 -
-

My Expectations

What I expect from others (spoken or unspoken):

Are these expectations clearly communicated?

- Yes
- No
- Sometimes

Which expectations may need to be adjusted or clarified:

Communication Clarity

How I usually express my needs:

- Clearly and directly
- Indirectly or through hints
- I avoid expressing them
- I'm not sure

One need I want to communicate more clearly:

Practice statement:

“I need _____ because _____. It would help me if _____.”

Boundaries & Needs

Do I set boundaries to protect my needs?

- Yes, consistently
- Sometimes
- Rarely
- I find it difficult

One boundary that would support my needs:

Attachment Awareness

How you connect with others can affect your needs and expectations.

I tend to:

- Seek reassurance or fear not being valued
- Avoid expressing needs or depend on myself
- Feel balanced and secure
- Feel unsure or mixed

What I notice about my patterns:

Alignment Check

Are my needs being met in my current relationships?

What feels aligned:

What feels misaligned:

Action Plan

One need I will communicate:

How I will express it:

One small step toward healthier communication:

Reflection

What did I learn about my needs?

What felt surprising or important?

How can I support myself better?

Notes

Your needs are valid. Clear communication and healthy boundaries help others understand how to show up for you.

“Clarity creates connection.”
