



ART OF COACHING PODCAST™ EPISODE 330:
UNMET NEEDS IN RELATIONSHIPS: HOW TO EXPRESS WHAT YOU REALLY WANT

How has your relationship with your spouse or partner changed in the time since it began? What parts of you have you had to sacrifice on the road to where you are now?

List 3-5 unexpressed needs that you aren't communicating to your partner. If you're having trouble, ask yourself "What are some things I wish they'd do or understood about me?"

Why are these important to you, why haven't you brought them up before, and what are the consequences of these needs if they remain unmet?



How can you initiate the conversation? Write a script on how you'll bring it up and a few responses for different reactions they might have. How would you respond if you were on the other side?

Are there any steps or actions you can take to make it easier on them to fulfill your needs? Although you can't do it for them, are there any practical or logistical considerations that you could do to set them, and you, up for success?

Moving forward, how can you ensure that both of your needs don't go unexpressed and unnoticed? When are the best times to engage in these conversations? What excuses for not expressing yourself do you need put to rest?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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