

HANDOUT 10.8: ASKING FOR WHAT WE NEED

Think about a situation when you would normally avoid asking for what you need (maybe a specific person or a recent situation where you have been asked to do something and you said yes – but in fact you wanted to say “No” and express your needs).

Activate your Compassionate-Self by connecting to your soothing rhythm breathing, your friendly facial expression, your gentle touch and grounded and open posture.

Focus on the motivation of the Compassionate self: to be understanding, respectful and helpful to ourselves, while listening and trying to meet the needs of others. Remember, it is not our fault it if is hard for us to express our needs assertively – but at the same time we have the intention to learn to do so because we want to improve our relationship with the other (even, simply, by shaping it to be more authentic).

Bringing this moment to mind where I was not assertive from my Compassionate-Self perspective (if it is helpful, observing yourself from the outside through the eyes and intention of your compassionate self):

What are my feelings in this situation?

What are my real needs in this situation?

- *Why would it be helpful for me to express my needs in this situation? What benefits would it bring to me (and potentially to the relationship?)*
- *What are my FBRs that emerge?*

- *From my Compassionate Self perspective, what would I like to say? What would I like to do?*

