

DAY 16

“Criticism, analysis, and insults are tragic expressions of unmet needs.” - Marshall B. Rosenberg

Your task for today is to think about what you consider to be three core needs in a relationship. Practice framing those needs in the form of a wish and share them with your partner.

Core need #1:

Reframed wish:

Core need #2:

Reframed wish:

Core need #3:

Reframed wish: