

Asking For What You Want and Need

Many people have a difficulty communicating their wants and needs effectively. Some people worry about asking for what they want. Other people find they don't always get what they want, even though they feel confident about them. Some people have a difficult time standing firm to be satisfied without making someone angry.

This worksheet is designed to help you think about how you might ask for what you want and to consider how you might need to change your behavior in certain situations. Fill a blank space by writing something that describes what you did at a specific time when you wanted something from someone. Then describe what happened under the statements you have checked.

_____ I didn't ask for what I wanted, even though it was important.
What happened?

_____ I asked what I wanted, but didn't expect to get it.
What happened?

_____ I asked for what I wanted, but I didn't expect to get it.
What happened?
