

## ***RELATIONSHIP EXERCISE***

Do this exercise to improve any relationship: spouse, parent-child, work-group.

1. List the 6 human psychological needs in order of importance to you.  
(i.e., certainty, uncertainty/variety, love/connection, growth, significance, contribution)
2. Compare them internally for yourself and then with you partner/colleagues.
3. Take the 2 or 3 top needs and list a few vehicles you use for fulfilling each of the needs.
4. Grade yourself as to how well you fulfill your partner's needs (1-10 scale).
5. Grade your partner as to how well he/she fulfills your needs (1-10 scale).
6. Explore how you'd change/add vehicles to make it easier to get your needs met.
7. Change the order of your needs, if necessary, to make it easier for you to have the wellbeing you seek.