



## **Phrases for Partners**

I need to feel and sense that:

- ♥ I am special to you and that you really value our relationship.
- ♥ I need that reassurance that I am number one with you and that nothing is more important to you than us.
- ♥ As a partner and a lover, making me happy is important to you.
- ♥ I am loved and accepted, with my failings and imperfections.
- ♥ I can't be perfect for you.
- ♥ I am needed. You want me close.
- ♥ I am safe because you care about my feelings, hurts, and needs.
- ♥ I can count on you to be there for me, to not leave me alone when I need you the most.
- ♥ I will be heard and respected. Please don't dismiss me or leap into thinking the worst of me. Give me a chance to learn how to be with you.
- ♥ I can count on you to hear me and to put everything else aside.
- ♥ I can ask you to hold me and to understand that just asking is very hard for me.