The Needs Checklist

Knot Alone

Name what you actually need before the conversation — so you ask for it instead of testing whether they will offer it. Tests get defensiveness. Requests get answers.

Right now, what I need is...

- [ ] To be told we are okay
- [ ] Time together with no phones
- [ ] Physical closeness, no talking
- [ ] To be heard without being fixed
- [ ] Information — what is actually happening
- [ ] An apology, named specifically
- [ ] To know what happens next
- [ ] Space, with a time it ends
- [ ] To be chosen out loud
- [ ] Help with something practical
- [ ] To be believed the first time
- [ ] Reassurance this is not the end
- [ ] To be asked how I am
- [ ] Consistency, not intensity
- [ ] Repair after the argument, not silence
- [ ] Something else: _____

NOW THE ONE SENTENCE

No preamble, no apology, no case-building. Short requests are easy to meet; long ones sound like an accusation with a question mark at the end.

"When _____ happened, I felt _____ . What I need is _____ ."

_____

_____

ASKING SOUNDS LIKE

"I noticed you went quiet and it made me nervous. Are we okay?"

TESTING SOUNDS LIKE

Going quiet to see if they notice. "It's fine." "Do you even like me?"

Educational use only. If a relationship is unsafe, this is not the right tool — please contact a local support service.

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