



YOUR RELATIONSHIP CLARITY PLAN

Ask for What You Need

Saying it so it lands. A free plan matched to your Relationship Clarity Scorecard.

Your relationship clarity plan: Ask for What You Need



Where are my hints at? The ones who sigh, drop clues and hope their partner will finally notice? Or soften the ask so much it disappears?

Most of us were never taught how to ask for what we need. We learned to keep the peace, avoid being “too much,” or wait until we were so frustrated it came out sideways.

What if I told you your partner may not be ignoring you? They may never have heard it in a way they could take in. You’re leaning in. This workbook helps you ask clearly, kindly and specifically.

*With you in it,
Dana*

A NOTE ON YOUR RESULT

Your scorecard result isn’t a verdict. It’s a starting point. Mixed feelings, doubts and hopes are all information. The decision stays yours.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Before you start, notice: “I’m arriving feeling ____, and I notice it in my ____.”

EXERCISE 1

How I ask now

No judgment here, just noticing. Think of a few recent times you wanted something from your partner. How did you ask, if at all?

WHAT I WANTED	HOW I ASKED (HINTED, SOFTENED, SAVED IT UP, SAID IT)	WHAT HAPPENED

What pattern do I notice? What might it be protecting?

EXERCISE 2

Notice, Name, Need, Ask

Choose one need to bring up. Write your ask in four steps. Start small, with something important to you that isn't your biggest hurt.

Notice: what's happening in me when this comes up? (My body usually knows first.)

Name: what do I feel? (Without blame: "I feel lonely," not "You ignore me.")

Need: what do I need underneath it?

Ask: one specific, doable request

Starter scripts: "I've noticed I feel ___ when ___. What I need is ___. Would you be willing to ___?" · "Can I share something that's been on my mind? I don't need you to fix it. I just want you to hear it."

EXERCISE 3

Plan the conversation

When and how you ask shapes how it lands. Plan it ahead, so you're not making it up in the middle of a hard moment.

When and where (a calm time, not when either of us is rushed or tired):

How I'll start gently:

If they get defensive, I'll:

If it doesn't land the first time, I'll:

Afterward: what did I notice? Did I feel heard?

BEFORE YOU CLOSE THIS

Asking is a form of caring

Saying what you need isn't demanding. It gives the person you love a real chance to show up for you.

Notice. Name. Ask.

If you'd like to practice the conversation first, book a free 30-minute consultation. You can also invite your partner to take the free couples quiz. And tell me: what's one thing you're ready to ask for?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps that fit your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

COACHING

Individuals and couples, in person in
Lafayette, CA and online

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