



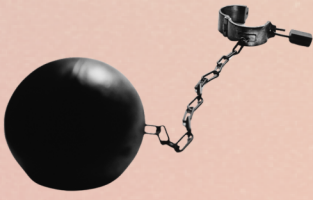
# UNDERSTANDING NEEDS FROM PAST RELATIONSHIPS

Understanding your relationship needs  
influenced by the past



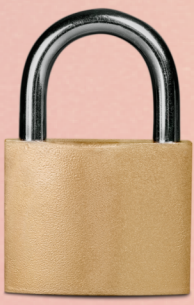
## Connection

Were past relationships characterized by loneliness or feeling no one has your back? Did you have losses? Everyone has an essential need for connection with the people who love and care for them.



## Autonomy

Was your childhood characterized by smothering? Or perhaps your decisions were second-guessed? Everyone needs a sense of ability to be on their own, chart their own course, and make decisions.



## Security

Were past relationships/ childhood characterized by losing caregivers? Was there a threat to basic needs like food, safety & housing? Was everything unpredictable? Security is foundational to human thriving.



## Significance

Did you feel like your life had meaning? Did you know you were incredibly valuable and your life would "amount to something?" Our lives are valuable, and our efforts should make a difference in the world around us.



## Growth

Was there a sense of a bright future? That growing up was going to be great? Did you have a sense of mastery of school, work, sports or activities? If you worked at something, did you feel proud of your work?