

Asserting what you want and don't want

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Many of us are afraid to ask for what we want in a relationship for fear of either not getting it or of having the other person give it to them out of obligation. Asking for what you want is an act of trust. You are taking a step into the unknown – not knowing how the other person will respond.

Here are 10 tips for asserting your wants

<http://amikaplan.net/lists/top10.html>