

Asking for what you 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. We are giving up control because when we chose to relate we don't know what the answer will be. And in my experience it is better to practice lots of asking and getting some No than to avoid asking and then making asking a request mean more than it does.

This week we will practicing saying what we want, what we don't want and from who. And renegotiating these requests when we notice that our feelings have changed. Oh my goodness what if others get angry or upset by our requests? We will work with that energy too!

[Some text from copied from <http://www.susancampbell.com/datinghelp/10truthskills.html>]