

## **Your Requirements, Needs, and Wants,**

Requirements are probably the most important, controversial, and confusing, concept of the Partners in Life coaching program.

Nobody starts out wanting or expecting a divorce, yet over half of all, marriages fail. The failure rate is even higher for pre-committed, relationships, such as dating and cohabitation. It seems safe to say that the, majority of couples would stay together if they could. There must be some, strong underlying forces that we don't understand prior to beginning, relationships that sabotage our desired outcomes. Regardless of whether, we're aware of these forces, our internal compass always points North, toward our core truths about who we are and what we want.

What are these forces, these core truths that so often prove stronger than our, desire for a lasting relationship? They include your Requirements, Needs, and Wants.

Each of us has non-negotiable Requirements that must be met if a relationship is to work. Even when a relationship meets those requirements, it does not insure a happy or fulfilling relationship. All relationships have problems and challenges. But unmet requirements tend to be relationship breakers. For example, a common requirement is sexual fidelity, and an, affair typically results in a severe problem that must be solved if the relationship is to continue.

Think of a relationship as a cake. Requirements are the basic ingredients, the flour, sugar, and eggs. If one ingredient is missing, you will not have a cake---you will have something else!,

What is needed for a relationship to be happy and long lasting? Obviously a successful cake requires more than just the ingredients. It's important to know, before you start, what you want the cake to look like. In a relationship, this corresponds to Vision. Your Vision is your internal image of your desired outcome that acts as your inner guidance system, leading you toward certain choices and away from other choices. You feel content when, you are on-track with your Vision, and you feel stressed when you are off-track, even if you are not conscious about why.

You will also need to know why you are making your cake. This is your Purpose your reason for living, the higher meaning and legacy of your life such as raising children or making a difference in your community. When your relationship does not align with your purpose, even if you are unclear about your purpose, you feel empty and incomplete in a way that no relationship can fix.,

Next come your Needs--a baking pan, oven, bowls, utensils. In a successful relationship your needs are the events that must happen for you to be OK. Most relationship issues are unmet needs.

Then, best of all, is the icing. Without the icing, your cake will be edible, perhaps even nutritious, but pretty dry, and eating it will not be as pleasurable an experience. Icing greatly enhances your cake. In a relationship, the icing corresponds to your Wants, which are the objects and activities that provide stimulation, fun, and pleasure. A relationship would be pretty boring without having fun together--whether it's playing tennis, going camping, listening to music, reading silently next to each other, or, going skydiving together. While you shouldn't make a partner choice based upon how much you enjoy playing tennis with someone, it is important to a successful relationship to have fun together and have enough of your Wants met.

This program will help you and your partner identify your Requirements, Needs, and Wants.