

**Step 1:** Circle all of the left column words that apply to the way you wish you felt during and after conflict.  
**Step 2:** Draw a STAR next to the most significant 5 of those.

“Even during and after conflict, I want to feel...”	Description of what that would feel like
<b>Acceptance</b>	I want to be warmly received without condition.
<b>Grace</b>	I want something good (i.e. forgiveness) that I may not necessarily deserve
<b>Connection</b>	I want to feel united with my spouse
<b>Companionship</b>	I want to feel successful as a mate
<b>Self-determination</b>	I want to maintain independence and free will
<b>Cared for</b>	I want to feel as if my partner still wants to take care of me and the relationship
<b>Understanding</b>	I want to be known on a deep level.
<b>Heard</b>	I want to feel as if my partner authentically listens, hears, and acknowledges my thoughts, feelings, and opinions.
<b>Hero</b>	I want to be my mate’s champion. I want him/her to feel as if I am committed to protecting his/her heart.
<b>Love</b>	I want to feel attractive to my mate. I want to feel admired and lovable.
<b>Validation</b>	I want to feel valued for who I am, what I think, and what I feel.
<b>Competence</b>	I want to feel as though I have skills and abilities that bring success.
<b>Respect</b>	I want to feel admired and esteemed. I want to feel as if my partner looks up to me.
<b>Important</b>	I want to feel relevant, significant, and of high priority to my partner.
<b>Valued</b>	
<b>Commitment</b>	I want to have unconditional security in my relationship.
<b>Passion</b>	I want excitement, fascination, intrigue, romance, and adventure.
<b>Significance</b>	I want to feel as if I matter, and I have meaning and purpose.
<b>Attention</b>	I want to be noticed and attended to.
<b>Comfort</b>	I want to feel a sense of well-being and peace.
<b>Support</b>	I want to feel cared for and taken care of.
<b>Approval</b>	I want to be accepted and appreciated.
<b>Wanted</b>	I want to feel sought after.
<b>Safety</b>	I want to feel protected and secure.
<b>Affection</b>	I want to feel as if my partner wants to be near me and connect with me, emotionally and physically.

**Step 1:** Circle all of the left column words that apply to the way you wish you felt during and after conflict.

**Step 2:** Draw a STAR next to the most significant 5 of those.

<b>Trust</b>	I want to be able to have faith in others.
<b>Hope</b>	I want to feel confidence that i will get what I love, need, and desire.
<b>Joy</b>	I want to feel satisfied and happy. I want to feel thrilled with my relationship.
<b>Power</b>	I want to feel that I have the ability to influence the direction of my relationship.
<b>Partnership</b>	I want to feel as if I have a teammate or partner. I want us both to share equal responsibility for our relationship.
<b>Adequate</b>	I want to feel like I measure up and that I am good enough for my partner.
<b>Appreciation</b>	I want my mate to notice what I do in the relationship. I would like to feel gratitude from my partner.
<b>Useful</b>	I want to feel needed in the relationship.
<b>Accurately portrayed</b>	I want to be understood and seen correctly. I want my partner to represent me in a true and accurate manner. I want to be seen in a positive light.
<b>Assistance</b>	I want a helpmate. I want to feel as if I have help, support, and assistance. I want to feel as if my partner has my back, no matter what.
<b>Peacefulness</b>	I want a calm heart, serenity, and tranquility. I want my relationship to feel more relaxed and simple.
<b>Intimacy</b>	I want to feel comfortable opening my hear and to avoid having walls up in my relationship. I want a deep closeness.
<b>Other</b>	