

Conscious Dating®: Needs vs. Neediness

What is the difference between “Needs” and “Neediness” in relationships? Juxtaposing these two concepts highlights some wonderful differences that give some clues about creating successful relationships.

NEEDS:

1. Are normal, valid, important
2. Are present in healthy, successful people
3. Necessary to survive and thrive
4. Best met by taking responsibility, initiative
5. Unmet needs stimulate action
6. Most effectively met by being assertive
7. Met needs results in contentment
8. Ability to get needs met tends to attract others

NEEDINESS:

1. Comes from desperation, helplessness
2. Driven by emotional deficits
3. Externalized problem and solution
4. Results in helpless/victim position
5. Insatiable, always needing more
6. Results in repelling others

Quite a contrast!

Sometimes people discount their needs as being “needy,” but needs are present in all of us and are not a problem or sign of weakness. We need to sleep and eat, we need light to see, and we need love and relationships. Our ability to identify our needs and get them met determines our level of happiness and success. Neediness tends to be a sieve that will be empty regardless of how much you put into it.

Your Relationship Coach can help you identify your functional and emotional needs and support you to get them met in your life and relationships. Needs are events that must happen for you to survive and thrive. Requirements are core, basic needs that are often relationship-breakers if unmet, such as monogamy, having children, etc. Functional needs are the events you need to happen for your life and relationship to function optimally, such as earning money to pay bills, helping with chores and child-rearing, etc. Emotional needs are what you need to feel loved, such as your partner calling if they will be late, being greeted with a hug, etc.

Occasionally, you may feel awkward identifying your needs or requirements, interpreting doing so as a sign of weakness. While we must take responsibility for our needs and not rely on a partner to fulfill them, the reality is that we need a partner to be able to meet our needs, and the relationship may fail if there is not enough alignment with each other’s needs and/or requirements.