

Needs for Safety, Security and Trust

These are the three primary areas for you to think about, when it comes to your needs right now. Of course, your needs may extend beyond these things, but this will be a good start to assessing your needs right now.

Safety: these needs have to do with **vulnerability** and how emotionally safe you feel

- Sample questions to get you started: do you feel you can talk to their partner about anything and you won't be judged, and can you discuss your feelings openly around the affair?

Security: these needs have to do with **commitment** and how committed you feel your partner is to the relationship, especially right now with the recent revelation of the affair

- Sample questions: do you feel your partner is here and willing to do the work needed, do you feel your partner will leave tomorrow?

Trust: these needs have to do with tangible things that you are needing in order to begin rebuilding trust right away

- Some examples that people have asked for in the past are: access to your partner's phone, access to social media and emails, pictures of where they are, location is shared, times are given and followed, apps are shut down/passwords changed, phone is synced up with iPad/tablet, etc. - I don't want you to limit yourself here, whatever you need, you can ask for

*If you are struggling to identify needs use the Universal Needs List and/or think about relationships in your life where these three things are already established: what about these relationships tell them you feel safe, secure and can trust the other person?

*I also think it can be helpful to scale these three areas: on a scale of 1 to 10 how safe do feel, how secure do you feel and how much do you trust the other person? With 1 being not at all to 10 being, restored to a healthy level.