



FaithWorks Counseling

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

www.FaithWorksCounseling17.com


Understanding Your Needs in Relationships

Attachment & Healthy Communication

Why Do I React the Way I Do? (Attachment Insight)

Sometimes our reactions in relationships are not just about the present—they are connected to our past. If your emotional needs were not fully met growing up, you may:

- Feel anxious when communication is low
- Worry about being ignored, rejected, or not valued
- Need frequent reassurance (texts, affection, attention)
- Feel upset quickly when those needs aren't met

 This is often called **anxious attachment**

Important:

There is nothing “wrong” with you—these are learned patterns, and they *can change*.

Recognizing Your Triggers

Ask yourself:

- What situation upset me?
- What was I *thinking* in that moment?
- What did I *feel* (hurt, fear, anger)?
- What did I *do* (argue, criticize, demand)?

Example:

- Situation: He didn't text me all day
- Thought: “He doesn't care about me”
- Feeling: Anxiety, hurt
- Behavior: Fussing, arguing

Check the Thought

Before reacting, ask:


- Is this a fact or a fear?
- Am I assuming the worst?
- Could there be another explanation?


Try this instead:

- “He may just be busy.”
- “I can ask for what I need calmly.”

Healthy Communication: Say It in a Way That Works

Instead of blaming or demanding, try a “soft start-up”.

 “You never text me. You don’t care.”

 “I feel more connected when we check in during the day. Could we try that?”

Simple Communication Formula:

I feel _____ when _____. I would like _____;

Example:

“I feel disconnected when we don’t talk during the day. I would like us to check in more often.”

Relationships Require Balance

Healthy relationships are:

- Not one person always giving
- Not one person always demanding
- Built on **compromise and teamwork**


Ask yourself:

- Am I asking... or demanding?
- Am I open to compromise?
- Am I trying to control the outcome?

Watch for Patterns

Reflect:

- Have I had similar conflicts in past relationships?
- Have others said I can be “too demanding” or need things “my way”?

 Awareness is the first step to change

Pause Before You React

When emotions rise:

1. Stop
2. Take a breath
3. Ask: What am I really feeling underneath this?
4. Respond, don’t react

Healthy Love Looks Like:

- Respect
- Effort from both people
- Clear communication
- Flexibility
- Emotional safety

Faith Reflection

“Love is patient, love is kind... it is not self-seeking.”
— 1 Corinthians 13:4–5

Practice This Week:

- ✓ Notice your triggers
- ✓ Pause before reacting
- ✓ Use one “I feel” statement
- ✓ Ask for your needs calmly