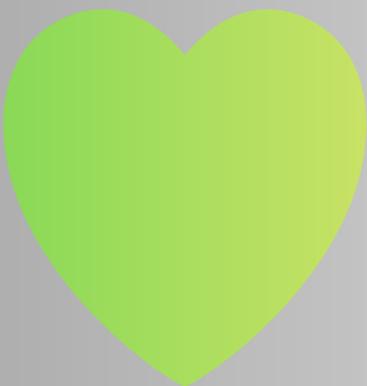
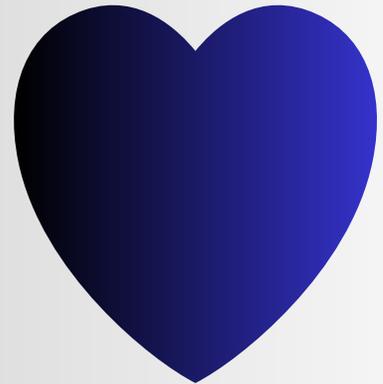
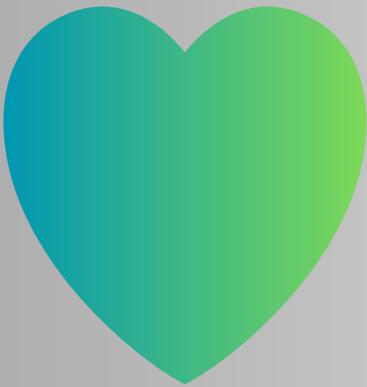
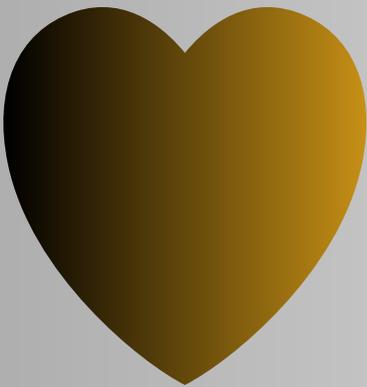


THE RELATIONSHIP CLARITY WORKBOOK

A Guided Journey to Understanding Your Wants, Needs & Requirements



Collette Gee



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≡ Welcome ≡

Welcome to your Relationship Clarity Workbook. This guide was created to help you gain deep emotional and relational awareness.

Whether you are single, dating, or in a relationship, this workbook will help you identify what you truly want, what you genuinely need, and what you absolutely require to create a healthy, aligned, fulfilling relationship.

Take your time, be honest with yourself, and allow this process to support your heart, your clarity, and your future.



Why Relationship Clarity Matters

Most people struggle in relationships not because they are unlovable, but because they are unclear. Unclear about their boundaries. Unclear about their emotional needs. Unclear about the difference between desire, necessity, and requirement.

Clarity is power. It helps you choose partners who align with your values instead of your wounds.

It helps you stop repeating patterns that leave you hurt or disappointed. And it allows you to build love based on truth, not hope or fantasy.



QUIZ INSTRUCTIONS

Rate each statement from 1–5 based on how true it is for you:

- 1 = Strongly No
- 2 = Mostly No
- 3 = Neutral / Sometimes
- 4 = Mostly Yes
- 5 = Strongly Yes

Write your score next to each question.

Example:

“4 — They communicate consistently and with care.”

After completing all 30 questions, you will total each section:

- Wants (1–10)
- Needs (11–20)
- Requirements (21–30)
- Overall score (all 30)



WANTS — Questions 1–10

1. I feel emotionally seen and appreciated.
2. I enjoy the affection and interest shown toward me.
3. I feel joy and excitement in this connection.
4. I feel desired and valued.
5. We share enjoyable interests.
6. The connection inspires me.
7. They communicate with consistency and care.
8. I feel proud to introduce them to others.
9. We laugh and enjoy each other's company.
10. They add positivity to my emotional wellbeing.

Total _____



NEEDS — Questions 11–20

11. I feel emotionally safe expressing myself.
12. Communication is clear and consistent.
13. They respect my boundaries.
14. They support my goals.
15. Conflicts are handled with respect.
16. I don't feel the need to chase or prove myself.
17. Their words and actions align.
18. My emotional needs are acknowledged.
19. I can be myself without fear.
20. I feel secure rather than anxious.

Total _____



REQUIREMENTS — Questions 21–30

21. I am treated with honesty and integrity.
22. They are emotionally available.
23. Their lifestyle aligns with my values.
24. They want the same type of relationship.
25. They follow through on commitments.
26. I do not feel used for sex, money, or validation.
27. There is no manipulation or disrespect.
28. They are financially stable.
29. They are consistent and reliable.
30. I feel cherished and emotionally safe.

Total _____



Scoring

WANTS Total (1–10): _____ / 50

NEEDS Total (11–20): _____ / 50

REQUIREMENTS Total (21–30): _____ / 50

OVERALL SCORE: _____ / 150



Understanding Your Score

120–150: You are in a healthy, aligned relationship.

90–119: Some needs are being met, but imbalance is present.

60–89: You are not getting your emotional needs fulfilled.

Below 60: This relationship is misaligned or unhealthy.



Reflection Worksheet

Use the prompts below to reflect on what your score revealed.

- What surprised you? _____
- What resonated deeply? _____
- Which category was highest? What does that mean? _____
- Which was lowest? What patterns show up for you? _____



The Difference Between a Want, a Need, and a Requirement (in Relationships)

1. Wants → “This would make the relationship sweeter.”

A want is something you would like in a partner but you can still function, love, and build a life without it.

Wants are preferences, not deal breakers.

Examples:

- He's tall
- She loves jazz
- They're athletic
- They enjoy travel
- They're a great cook
- They love animals
- They dress well
- They're into fitness
- They have good taste in music

If these things are present, the relationship feels enhanced,

but if they're missing, the relationship can still be healthy

and successful.

👉 **Wants = would be nice.**



The Difference Between a Want, a Need, and a Requirement (in Relationships)

2. Needs → “This helps me feel safe, loved, and emotionally stable.”

A need is emotional nutrition — without it, you will become unhappy, resentful, or insecure over time.

Needs usually connect to your **attachment style**, past hurts, or emotional makeup.

Examples:

- Consistency
- Clear communication
- Emotional availability
- Respect
- Reliability
- Affection
- Transparency
- Quality time
- Loyalty
- Support during stressful times

Without your needs being met, you start to feel off-center, unbalanced, anxious, or unfulfilled.

☞ **Needs = emotional survival.**



The Difference Between a Want, a Need, and a Requirement (in Relationships)

3. Requirements → “If this is missing, the relationship cannot work. Period.”

Requirements are **non-negotiables**, built on your values, lifestyle, moral compass, and life goals.

These are your deal breakers.

Examples:

- Wants children / doesn't want children
- Honesty/integrity
- Shared life goals
- Faith alignment (if important to you)
- No addiction issues
- Financial responsibility
- Kindness
- A partner who treats you with respect
- Monogamy (if that's required)
- Emotional stability
- Similar views on family, money, home life

If these are not present, the relationship will drain you, break you, or collapse long-term.

👉 **Requirements = the foundation.**

20 WANTS

List 20 Things You **WANT** in a Romantic Partner

(**Examples:** kind, loving, confident, handsome, non-smoker, loves animals, rarely drinks, romantic, affectionate, spiritual, loves music, enjoys travel, supportive, funny, etc.)

→ After writing all 20, circle **ONLY 5** you are unwilling to compromise on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

20 NEEDS

List 20 Things You **NEED** From a Relationship

(**Examples:** Consistency, Emotional availability, Honesty, Respect, Clear communication, Quality time, Support during stress, Shared goals, Financial responsibility, etc.)

→ After writing all 20, circle **ONLY 5** you are unwilling to compromise on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

20 REQUIREMENTS

List 20 Things You **REQUIRE** From a Relationship.

These are the must-haves — if these are missing, the relationship will not work.

(**Examples:** Values, character traits, lifestyle compatibility, emotional awareness etc.)

→ After writing all 20, circle **ONLY 5** you are unwilling to compromise on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Your Action Plan

STOP Doing:

START Doing:

What I Will Change:

Who I Am Becoming:

Your Next Step

If this workbook helped you gain clarity, your next step is guidance.

Sign up for a personalized **Discovery Session** will help you:

- Decode your relationship patterns
- Build your Relationship Blueprint
- Strengthen boundaries and confidence
- Create an aligned dating and relationship strategy

Schedule your session today.

