

Wants and Needs



How to get what you need and express what you want in your relationship

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Submissive

The Submissive Guide

mentorship, self help and submissive exploration

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Introduction

Let me tell you about my first explorations into bottoming and BDSM. I was quite the novice and didn't have a lot of people available to help me find my way. What I did find were perverts and predators that looked like nice guys. I was lured into their trap and was hurt several times, some physically, by these so-called Dominants. When I found my Master I vowed to become educated in what I was getting into and to follow some form of process so that I could keep myself safe. In the process I found friends and others that wanted to know what I knew.

In this report I wrap together the things I learned and want you to understand about yourself when it comes to our desires and our needs. This report isn't meant to tell you the right way or the true way; as I believe there is no one way to do something. What I do hope you get from this is the strength to know what you need from a relationship, no matter how brief and how to express what you would like as well.

It's a give and take. Your partner has wants and needs also that you need to agree with in order for the exchange to take place. No matter if the exchange is just an afternoon of play, or a full-time 'til death do us part relationship, these basic things are a foundation for both of you. I hope that you will pick up the ideas here and apply them as I have done for my own relationship.

I'm sharing this information because I want to see submissives develop and grow. Because I think that submissives are most importantly, self-learners and without knowledge they can fail to achieve what so many seek.

I can't solve every problem in this report. I can't answer every question. That's why I blog every day at Submissive Guide dot com.

But, I hope this will get you going in what is perhaps a new direction and a new approach to self exploration and better personal submission.

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Know What You Want, Learn What You Need

The following report is about defining your needs and discerning your wants from needs. Once you know what you want you can really control all of the things you desire and comfortably share them with your partner or perspective partner. Hopefully after you read this you will have a better handle on what's most important to you and what you can live with but would prefer not to.

Persons that identify as slaves may say that they don't have any needs or wants other than those the Master gives them. This is perfectly alright for them, and I'm not saying they are wrong but consensual slavery is not the focus of this report. That doesn't mean that slaves can't learn anything from what I have written here. As with everything you read, take what you want and leave the rest.

Personal Needs and Desires

Needs

Needs for a submissive are the core items that will provide you with 'life'. In reality these are the basics of life such as water, shelter, air and food. But you can also name your own personal needs amongst them. These personal needs are what I'll be talking about in this report. When you think of needs, the list seems to come harder and people struggle more with defining what they really need.

Wants

A person's wants are desires that are additional to needs, but are not required for your happiness. Discerning your needs from your wants is a step by step process. We'll cover how to figure out the differences between wants and needs further in to this ebook.

When In A Relationship

Wants and needs are very important to any relationship. When you start to understand who you are as a submissive, it's time to figure out what you are looking for in a relationship.

Submissives all over seem to know what they want out of a relationship; it's always present in their minds. The play, the sex, the love or strictness of dominance. Wants are very valid to the happiness in your life, but more important are the needs.

Your wants and needs are unique to you. Every person has a different idea of what they want and need in a relationship and finding that perfect partner for you is why the dating scene seems so hard.

Wants and needs are always changing for me. As my submission develops I have to review what I want and need from my Owner to make me feel comfortable in my role. We talk frequently about both of our desires and needs and that way we can make sure that our relationship stays strong and we are both getting out of it what we put into it. It's that important.

Distinguishing Between Wants and Needs

The difference between wants and needs can be answered in one basic question. Is this something you can live without?

Need- something you have to have to live

Want-something you would like to have to live comfortably

When we discuss basics, the needs are food, clothing and shelter, but what about relationships? When you enter into a relationship you have needs to be fulfilled also. These could be love, attention, and affection. In a D/s relationship these could also be rules, structure, discipline and order.

Exercise

Use the attached worksheet below to make a list of everything you dream of having in your perfect relationship. Don't be stingy, list it all. Once you have made your list, go through each item and decide if it is a want or a need. Imagine your relationship without each item. Would it detract from your happiness? If it would, then it is a need. If you could be happy without it, then it is a want. Mark them so that you can refer to these two lists as needed.

The needs on your list are the most important factors in having a happy and successful relationship. When relationships fail, it is usually because someone's needs is not being met even after discussion and several attempts. The needs list you made in the exercise above is something very handy to have on hand when you get down to deciding if a relationship is what you want with someone. Just like figuring out if it's time to move in together, working through each other's needs is an important step of progression. Don't skip it!

The wants on your list are just as important as the needs, but because they are only wants, they do not all have to be met to make you happy. Some of these could be desires that could be met once and that want can be removed from your list. Try to make sure that when you are in a relationship there is a happy balance of wants filled as well as the needs you need to feel completed.

Be honest with yourself. If you think you must have something to be happy, list it in the needs but don't hesitate to put it into the wants list if you realize that you didn't need it as badly as you thought once you experience the 'need'. Sometimes people think that they need something so badly and then once experienced it wasn't as desperate as they thought. These lists are NOT written in stone. Change them whenever you need to; wants can become needs and visa versa.

Wants and Needs Worksheet

List all of the items you look for personally and in a relationship that fulfill you. Then decide if it is a want or need and give it a level of importance to your overall happiness. Importance ranking is 1 = Can't live without; 2 = Worth having with the right personally; 3 = Not necessary but nice to have; 4 = Not necessary at all; 5 = Extra

Item	Need	Want	Importance Rank

Importance of Needs

I would like to share why needs are so important to your overall health and happiness in a relationship and why settling for less than what you need is detrimental to you and the relationship.

I'm going to use the basic needs of security, comfort and love for this discussion but any needs that you have on your list will apply just as well. Feel free to make this part of your personal analysis. This is for your own development and I hope that it will help you see why needs are so important.

Basic Needs Explained

Security, for example, is the first need that you should have met in order to live. This can be physical, emotional or financial security. Without the sense of safety and security you can not easily go about your day. Things that can threaten your security are unemployment, abuse and terrorist threats. A breakdown of security can make all other needs unimportant until this one is rebuilt. Just think about if you lost your house to a flood, how would you respond to the threat on your security? Would ample food or clean clothing, which is considered a separate need, be as important or would they take a back seat to re-securing a place to live?

I saw this very example up close when East Iowa flooded in 2008. Tens of thousands of people were displaced for weeks due to the flood waters and the resulting damage or complete loss of their home. The people I spoke to said that their number one priority was finding somewhere to live in the interim and permanently. They needed security to be happy.

Comfort is also an important need for people. With comfort you add food, clothing, and other material goods. Generally these would be things to enhance the security of your life. Nourishment of your body, mind and heart comes from providing comfort for yourself. Comfort in a

relationship could be trust, honesty, openness and commonality. Without comfort you could experience malnourishment, depression and other physical and emotional stress.

Love is the last need that I'm going to cover here. Love is relative to each person, and is not restricted to intimate spousal love. Friendships and familial love are also important in your life for balance. It's hard to be happy if you feel unloved. People who feel unloved can experience depression, stress and some have taken their own life. Love is just that important.

As a submissive, you may have additional base needs that a dominant provides. The sense of control from your partner is one that I can think of. In order for you to feel whole in your submission you may need a dominant to exert control over you. This is considered a need; you can't be submissive without it. Whether or not this need is met could decide the fate of your D/s relationship.

Need Deficits

A lot of what we experience as stress and depression and a sense of lacking is due to our needs not being filled completely. These deficits impact us in different ways, but over the long term the lack of having our needs met can make us ill, very unhappy and frustrated. For example, what happens if your greatest need of affection wasn't being reached? Would you feel unwanted, alone, frustrated and unhappy? Of course you would!

Not all feelings of sadness, frustration or depression have to do with lack of satisfied needs, but most can be lead back to a basic need or desire being ignored. It is my belief that more divorces happen because someone's needs aren't being met than any other reason. Open and honest conversation could have prevented some compatibility issues in many relationships.

As with all D/s relationships, communication is encouraged anyway, so make sure your needs are communicated as well. If they change, let your partner know. The power exchange has to do with needs as well as everything else in the relationship, use it to get what you need.

Settling For Less

So you've found out what your needs are, and you are entering a relationship. What if you can't get all of your needs met in that relationship? Do you settle for less than what you need? How do you cope? Getting only some of your needs met, as I've said before, can have bad consequences and could mean the end of the relationship.

When it comes to needs you should never settle for less. There is a reason why you have made a list of needs compared to wants. Needs are just that. You have to have them to be happy. Make sure you share your needs long before your wants hit the table.

Exercise

The next time you take a look at your needs list, make a note of how important that need is. Organize each one in the order of importance that you feel the need should to be met. Now start another list and consider how your needs are met currently and make that list as a comparison to the first list. Does it match? Never settle for less than what you require. Submissives have needs too, make sure yours get met.

Expressions of Wants and Needs

How to express your wants and needs with yourself and with the one you serve is a vital part to developing a strong healthy relationship. Once you have your list worked out and are satisfied with how important it is for you to have these needs met, it's time to express them. Not

only will it keep your submission transparent, but it will provide you with information on your partner's wants and needs. Needs lists are not negotiable. You shouldn't settle and you should never have someone convince you that your needs aren't important. If you think that, go back and read the previous post.

Wants are negotiable and still should come out in this discussion. Let your partner now what you desire and how important that desire is for your happiness. Listen to what they desire as well. These are your tasks to each other. If you both promise to meet each other's needs and work to include the desires you have put on the table your relationship is off to a good start. Make sure you renegotiate your wants and needs at regular intervals as they can and will change.

When To Speak Up

Your needs are one of the most important facets of your happiness that should be fulfilled in order to continue to be happy. Everyone has periods in time where their needs may not be met for a short time, but for life-long happiness we know that they should be met with more consistency. Admitting this to yourself is the first step to that fulfillment.

Exercise

In the next few moments, take a look at your list of needs. Read each of them aloud, "I need _____ to be fulfilled." How does it resonate to you? How does it rank when compared to the entire list? Should you organize them according to importance? Perhaps you have some on there that you now see could be wants instead, feel free to move them to the other list.

Now do the same thing with your wants. Read each of them aloud, "I want _____ to be happy." How do these feel? Are you self-serving, materialistic or impossible to achieve? You might

want to remove them from the list. There also may be ones that you will want to move back to the needs list. That's fine.

In a relationship it is important to let the other person know what you expect as far as needs early on. You owe to your possible future happiness that the two (or more) of you are on the same page. This way you have less likelihood of arguments based on needs not being met, you have a lower chance of unhappiness and failure of the relationship.

Plan to let your needs be known within the first few weeks of a blossoming relationship. You wouldn't want someone to spend a lot of time with you if, for example, you have children on your needs list, but they have no intention of having any.

Having The Talk

This conversation can be serious in nature, but it can also be casual and relaxed. As I've said earlier, letting partners know our needs should be done relatively early on in the relationship so that compatibility can be established. You should try to make it general conversation because just talking from a list is more like an interview than getting to know someone.

Examples of how to start the talk:

- I really love how you make me feel _____. I really need that from you.
- What's your idea of the perfect relationship? I'll share mine, if you share yours.
- My dream home will have _____ in it, what do you think?
- How important is _____ to you?

Ask For What You Want

As a novice submissive, I believed that asking for anything was not appropriate for a submissive. I rarely requested a favorite restaurant, something at the store or anything else I wanted. My Master often asked me why I constantly deferred to him for everything. Of course I responded with what I thought to be right, "Because you are Master."

Wrong answer.

As a part of my development Master trained me to be transparent with my feelings and wants and needs. This included the very things that I wanted or needed that I thought he should be deciding on. If I wanted to go to the store for something I had to learn to ask him for it. If I wanted a kiss, or attention, or if I wanted sex; I had to learn to ask for it. There are ways to ask for something that doesn't seem demanding or controlling and I had to work on learning these traits to a request.

Exercise

Get out a sheet of paper or open your word processor on your computer and write out the things that you have a difficult time asking for from your Owner. These things can be anything from wanting dessert at a restaurant to sex or a spanking. Next to each item write down why you feel it is hard to request these things? How can you break down the barrier to ask for what you want? What is keeping you from asking? Is it your belief that submissives shouldn't ask for it? Is it because you feel embarrassed or uncomfortable asking for it?

Now share your list with your Owner and discuss your reasoning and what they would like to see from you in each situation. You may just learn something valuable!

What is an acceptable request?

A request that is appropriate is still submissive in nature. Words that don't insist or command that the want be done are correct. You should choose your words wisely. Turn your commands or requests into questions. Make sure you use your Dominant's name if that is the correct way for you to address them.

No

- I need to go to the store.
- Give me a hug.
- Stop that and pay attention to me.
- Help me with the dishes.
- Fuck me.

Yes

- May (I or we) go to the store for x,y and z, Sir?
- Sir, may I have a hug?
- I'd like to spend some time with you, when will you be finished there Sir?
- Would you mind helping me with the dishes, Sir?
- I'm so horny, would you fuck me Sir?

We've talked about our wants and needs previously and now we can focus on how we say that we want immediate concerns addressed. No matter how badly you want or need these things, they need to be brought up respectfully. Part of being an obedient submissive is to know how to ask for things that we need so that our immediate needs are addressed.

This does not mean that the dominant has to give us what we want. But it does then give them the opportunity to decide for us. Each relationship is different in how requests are handled, but if you know a respectful and honest way to address them with your dominant will appreciate it.

What Should You Do When Your Wants or Needs Aren't Met?

Men and women live in relationships all the time and are unhappy because they don't get what they need from the other person. No matter how much talking or arguing goes on, nothing gets accomplished. We've all seen the divorce rate increase due to irreparable differences. Most of these probably could be prevented if we all learned to explain our wants and needs to each other.

Your wants and needs are a part of a D/s relationship. If they aren't being respected and honored then you have a few things you can do to bring the relationship back on track.

- Sit them down and have a heart to heart with your partner. Use non-attacking words. Don't say "You do this," or "you don't do that." Instead stick with 'I' words. "I feel...", "I believe...", "I need...".
- Suggest changing up your relationship by adding x,y and z. These are needs or wants that are not being fulfilled.
- Write a letter to your partner about your feelings. This could open up lines of conversation that may not exist now.

Unfortunately there are times where needs or wants can't be filled by the person you are with. If the above ideas don't help improve you sense of happiness and fulfillment then you will have to face the truth that they may not be the right person for you.

Leaving a relationship is a difficult decision and one that shouldn't be taken lightly. I feel that if your happiness is in jeopardy then you should do what's best for you.

Conclusion

Your wants and needs are a valuable asset to your personal happiness and the success of your relationship. You should now know how to distinguish between your needs and desires and how to express them to your partner. So why do I recommend you do this in your relationship?

All relationships need to have a foundation in communication. What I see most is that the communication that needs to happen never does. Your wants and needs is one of those conversations that gets overlooked. I've had people tell me that they are sure their partner already knows what they need and then these same relationships fail because of those very needs are being overlooked. Don't let your relationship fail because of a lack of communication.

Make the needs and wants list. Share it with your partner. Bring happiness and fulfillment into your life.

Thank you for reading.

LunaKM

Appreciation

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