

Feelings, Wants, and Needs**Topic: No More Rainchecks**

Partner 1: Hey, I thought we were hanging out tonight? I've been getting ready for the past hour.

Partner 2: Oh, right. Something came up, so I can't make it. We can just hang out another time.

Partner 1: You're canceling now? Just this morning you said we'd hang out tonight. I was really looking forward to it.

Partner 2: Things happen. You're making a big deal out of nothing.

Partner 1: I'm not. This keeps happening. You make plans and then cancel last minute. It feels like you don't value me or my time.

Partner 2: I didn't realize it bothered you that much, but I still think you're being dramatic.

Partner 1: No, actually, I'm not. My feelings are valid. I deserve someone I can count on and who values me.

Partner 2: I didn't think of it that way. I'm sorry.

Partner 1: I appreciate the apology, but I need to see proof that you really mean it.

Partner 2: You're right, I'll do better. I don't want to lose you over this.

Partner 1: I hope so. Remember, actions speak louder than words.