

How to Ask for What You Desire — and Why It’s Never “Too Much”

by Dr. Tiffany Stanley

As women, we are subtly, and sometimes overtly, conditioned to downplay our desires. We are encouraged to soften our wants, to be agreeable, understanding, adaptable, and selfless. From childhood, we’re taught that wanting too much of anything labels us as “demanding.”

Too much affection? You’re deemed needy.

Too much pleasure? You’re viewed as selfish.

Too much ambition? You’re perceived as intimidating.

Too much vulnerability? You’re labeled dramatic.

Eventually, we internalize this message: What I desire burdens others. I should keep it to myself. However, the truth is that your desires are not the issue. The narrative that encourages you to minimize them is the real problem. In this article, I will guide you on how to ask for what you want — clearly, compassionately, and confidently — and how to break down the belief that you are asking for “too much.”

First, understand this:

Your desire is valid simply because it exists. You don’t need to justify your desires. You don’t require a permission slip. A desire is not up for debate. It is a signal. A signal of your vitality, your needs, your values, your boundaries, your pleasure, your longings. Your desire is the truth reaching out to you.

Why We Struggle to Ask

Most women don’t struggle because they are unclear about what they want; they struggle due to the fear of the potential consequences of expressing their wants. Common fears include disappointing someone, being judged, sparking conflict, facing rejection, appearing “high maintenance”, feeling unworthy of what they desire. Each of these fears is relational—the fear is not about the desire itself; it’s about what the desire might cost.

Here’s the critical reframe:

Asking for what you want isn’t a burden — it is an invitation to genuine connection.

How to Ask for What You Want

Here are steps that will enhance your confidence and clarity:

1. Acknowledge your desire
2. Articulate it clearly — even if it's just to yourself: "I want more time." "I want more affection." "I want more help." "I want more excitement." "I want more rest." "I want more touch." "I want more depth in this relationship."
3. Allow yourself to recognize it without hesitation.
4. Communicate it directly. Direct communication is not aggressive; it's honest and compassionate clarity. Instead of implying, hinting, or waiting for someone to "get it," try: "Something that would really support me is_____" "What I would love is_____." "It would mean a lot to me if we could_____." This is clear communication—not demanding, just inviting.
5. Clarify the meaning. We often assume others "should know," but many don't. Include a simple meaning statement: Example: "Touch helps me feel connected." "Planning the weekend together gives me security." "Words of appreciation make me feel loved." You are inviting someone in rather than leaving them to guess.
6. Accept the ask as enough. You don't need to prove that your desire is justified. You don't need the "perfect reason." Your want is sufficient reason to ask.
7. But what if they say no? Many women interpret "no" as personal rejection. But "no" is not a reflection of your worth or evidence that you're asking for too much or a sign that you shouldn't have asked. "No" is merely information about the other person's capacity.

Your desire still stands.

Asking is vulnerability — and vulnerability fosters intimacy

When we articulate what we need, want, and desire:

we deepen trust

we cultivate authenticity

we create emotional intimacy
we allow our relationships to grow
we enable ourselves to be known

If you seek emotionally rich relationships (romantic or otherwise), this is the doorway.

Your desire is not “too much”— it is essential

Your wants are not inconveniences; they are expressions of your emotional truth. They reflect your inner world. You are not meant to diminish yourself. You are here to evolve into your full expression. If someone has told you: “You’re too much,” it’s often because your truth challenged their limitations. That is not a reason to shrink; it’s a reason to continue honoring who you are.

Final Reminder

Requesting what you want is not selfish. It is not dramatic. It is not demanding. It is self-respect in action.

You deserve deep love, authentic intimacy, fulfilling pleasure, emotional attunement, support, space, respect.

You deserve a life—and relationships—that respond to your desires rather than your silence.

A Reflective Question for You

What would you ask for today if you believed your desires were sacred instead of excessive?

Pause and reflect on that. Listen for the whisper. And let it become your truth.