

BOUNDARIES, RELATIONSHIPS, AND PEOPLE-PLEASING

1. Who do I feel most afraid of disappointing, and why?



2. Where in my life am I saying "yes" because I'm afraid of someone's reaction?



3. What boundary do I already know I need but keep avoiding?



4. Which relationship currently feels mutual, and which one feels one-sided?





What has changed about a friendship that I am having trouble accepting?

6. What would healthy support look like in my relationships right now?



