

RELATIONSHIPS *and* BOUNDARIES

PRINTABLE JOURNAL PROMPTS

1. Which relationships encourage me to become more like myself rather than less like myself?
2. Where am I saying yes because I genuinely want to, and where am I saying yes because I fear disappointing someone?
3. What boundary have I been avoiding because I am worried about how another person will react?
4. Whose expectations have the strongest influence on the decisions I make?
5. What do I need from the people closest to me that I haven't clearly communicated?
6. Where have I confused being liked with being accepted?
7. What would change if I stopped measuring my growth by someone else's timeline?
8. Which relationship pattern am I ready to handle differently?

