



Relationships and Boundaries

What do I agree to when I actually want to say no?



What am I afraid would happen if I set a boundary with this person?



In which relationships do I feel most like myself, and where do I feel like I am performing a version of myself?



Am I taking responsibility for someone else's feelings when they are actually responsible for expressing and managing them?



What do I need from this relationship that I haven't clearly asked for? I'm a subtle for leaving connection?

