

## Boundaries

1. What are some things you need to start saying “no” to?
2. What are some things you need to start saying “yes” to?
3. What does it mean to be assertive? (look it up if you don’t know!) When is it easy for you to be assertive? When is it hard? Why is it a good skill to have?
4. What is something that you need that you are usually afraid to ask for?
5. Who is someone I need to spend more time with to feel good? Who is someone I need to spend less time with?
6. How do you stand up for yourself? How do you stand up for others? Is one easier than another?
7. How do you deal with peer pressure?
8. How do you take care of yourself when others make it difficult?
9. What is something that drains your energy? How can you make sure there is less of that in your life?
10. Do you treat others better than yourself? Why or why not?

