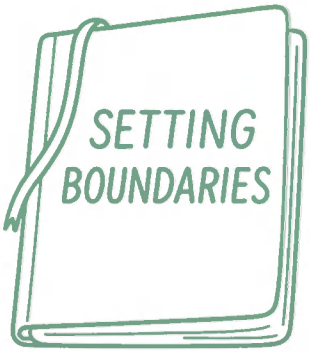
Setting Boundaries Journalling Prompts



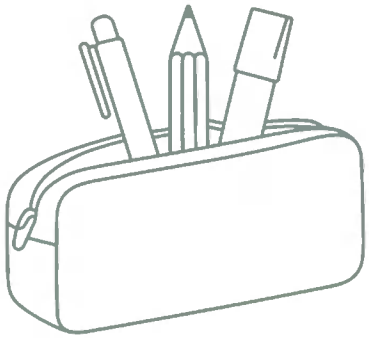
What makes it difficult for me to say "no"?

How do I feel when someone tells me no?

Think of a time you clearly expressed a boundary. How did it go?

What are some kind but firm phrases I could use to protect my boundaries?

Who in my life respects my boundaries, and how does that affect our relationship?



www.rebeccawilkinsoncounselling.co.uk