

Relationships & Boundaries

Healthy relationships make room for respect, consent, communication, individuality and emotional safety.

Which relationships currently feel supportive?

Where do I feel respected and heard?

Where do I find it difficult to set boundaries?

What behaviour is not okay for me?

What do I need more of in my relationships?

What does emotional safety look like to me?

A boundary I would like to communicate is...

One relationship value that matters to me is...
