

# Establishing Boundaries: Understand Your Needs and Values:

The first step in establishing boundaries is to understand your own needs and values. Take some time to reflect on what is important to you. By identifying your needs, you can communicate them more clearly to others. Journaling or discussing your thoughts with a trusted friend can help you gain clarity.

1 What are your physical and emotional triggers?

2 What situations or behaviors make you uncomfortable?

3 What values do you want to uphold in your relationships?