

Identify Your Unique Wants and Needs

Once we have identified the problems we experience as a result of having trouble creating and maintaining reasonable limits, we can begin the process of figuring out our unique needs and preferences.

I might need more personal space or quiet time than someone else AND I might need less personal space or quiet time when I'm with one person versus another.

If we don't know what we need and want in order to thrive we can't ask for it or even give it to ourselves much less set limits to protect what we want and need.

If you grew up in a family that had difficulty with boundaries, you might not have been allowed to explore what you were interested in, express your own opinions or try new things with the option of failing.

You might not have felt understood or valued as a member of the family.

You might not have grown a strong sense of self-worth and you may find that you rely on other people's approval to make you feel good about yourself.

You might have subconsciously observed that your wants and needs didn't matter.

Answer the following questions to begin to identify your unique wants and needs:

What are you good at?

What do you like to do for fun and relaxation?

What are your short-term goals?

What are your long-term goals?

Who matters most to you?

Who can you go to for help and support?

What are your beliefs and values?

Where and when do you feel safest?

Who or what is comforting to you?

What are you passionate about?

What are you grateful for?

How do you know that you are stressed or upset?

How do you learn best (doing, listening, watching, reading)?

What makes you feel loved?

What makes you feel safe?

For one week, keep a daily list of your likes and dislikes.

Doing so will help you learn more about your preferences, personality and needs, all of which are important and can be supported by boundary setting.

DATE	LIKES	DISLIKES