



Mini Boundary Quiz

Is this a healthy boundary?

1. "I need time to rest before I can help again."

Yes

No

2. "I always have to say yes, otherwise I feel guilty."

yes

no

3. "I can ask for support when I need it."

yes

no

What is one sentence you could use in real life?

FairCare Project | Erasmus+ KA220-ADU | Inclusion & Self-determination

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