Szükségleteim és határaim

Mire van most a legnagyobb szükségem?

	Igen	Nem
Pihenés		
Támogatás		
Idő magamra		
Erősnek lenni		
Világosabb határok		

Az eredmények

Hol mondok túl gyakran “igen”-t?

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Hol lenne hasznos “nem”-et mondanom?

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