I miei bisogni e i miei confini

Di cosa ho più bisogno ora?

	Sì	No
Riposo		
Supporto		
Prendere del tempo per me		
Essere dura		
Chiarire i miei confini		

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the EuropeanUnion nor EACEA can be held responsible for them. This work is licensed under CC BY-SA 4.0.

Co-funded by the European Union

I risultati

Dove dico di “sì” troppo spesso?

.....

.....

.....

.....

Dove mi servirebbe aiuto a dire di no?

.....

.....

.....

.....

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the EuropeanUnion nor EACEA can be held responsible for them. This work is licensed under CC BY-SA 4.0.

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the EuropeanUnion nor EACEA can be held responsible for them. This work is licensed under CC BY-SA 4.0.



Co-funded by the European Union