Mini Quiz dei confini

è un confine sano?

1. “Ho bisogno di un po' di tempo per riposarmi prima di poter dare di nuovo una mano.”

☐ Sì

☐ No

2. “Devo sempre dire di sì, altrimenti mi sento in colpa.”

☐ Sì

☐ no

3. “Posso chiedere aiuto quando ne ho bisogno.”

☐ Sì

☐ no

Qual è una frase che potresti usare nella vita di tutti i giorni?

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