

The background features several large, overlapping geometric shapes in muted colors: orange, teal, and red. In the top left, there is a teal circle partially overlapping an orange circle, with a thin orange arc above them. In the top right, a red shape overlaps a teal circle. In the bottom left, a large red circle is visible. In the bottom right, a teal circle overlaps an orange semi-circle.

Asking for More

Thinking Differently

Boundaries Hub Activities

Journal Prompts

- What are the ways that I give and receive love, and what do I need to feel connected in a relationship?
- What beliefs do I hold around asking for more?
- What are my fears around asking for more?



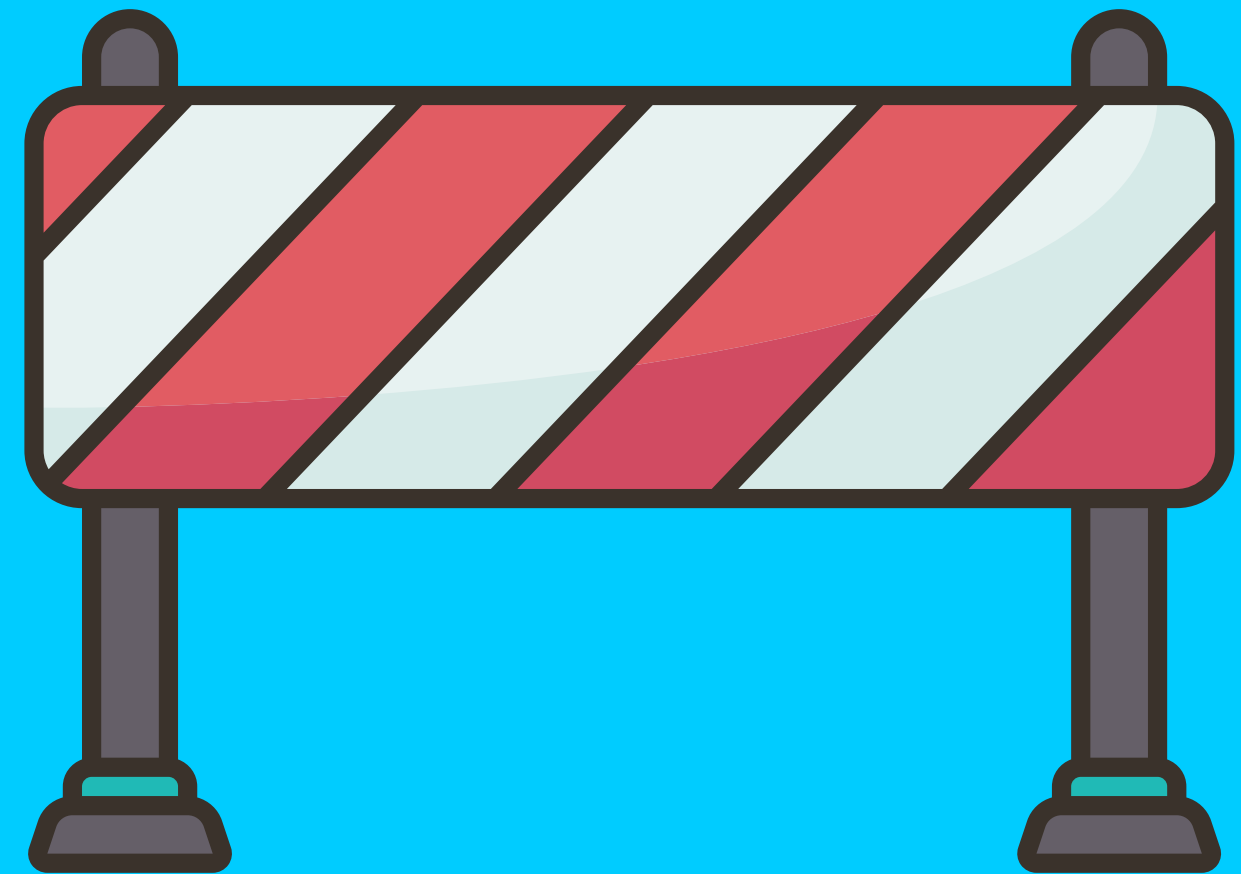
Types of Boundaries

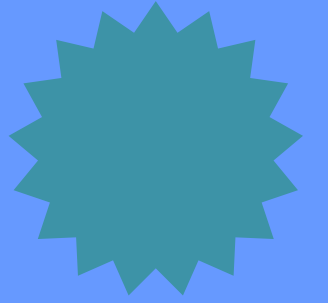
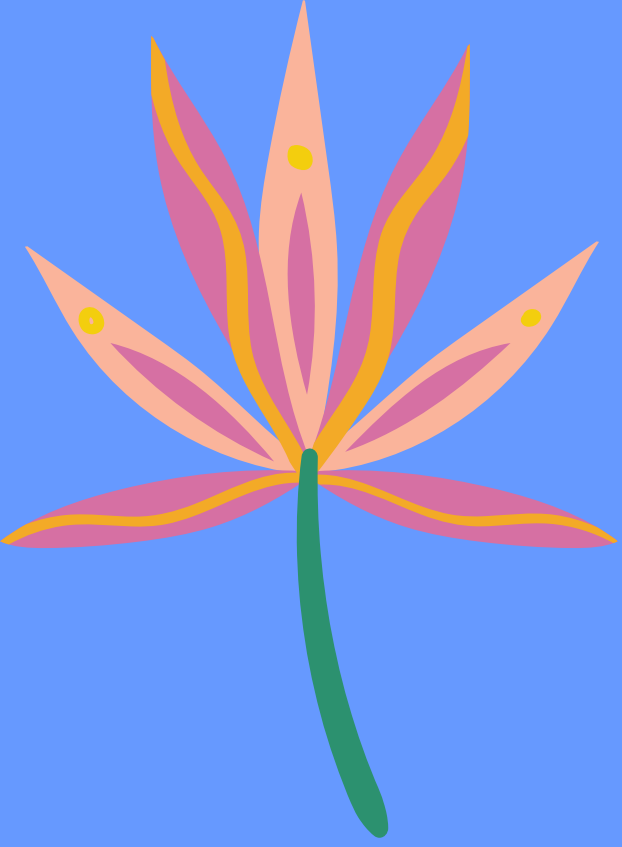
Saying "no"

- Requests
- Expectations
- Inquiries
- Speech
- Behaviors

Asking for more

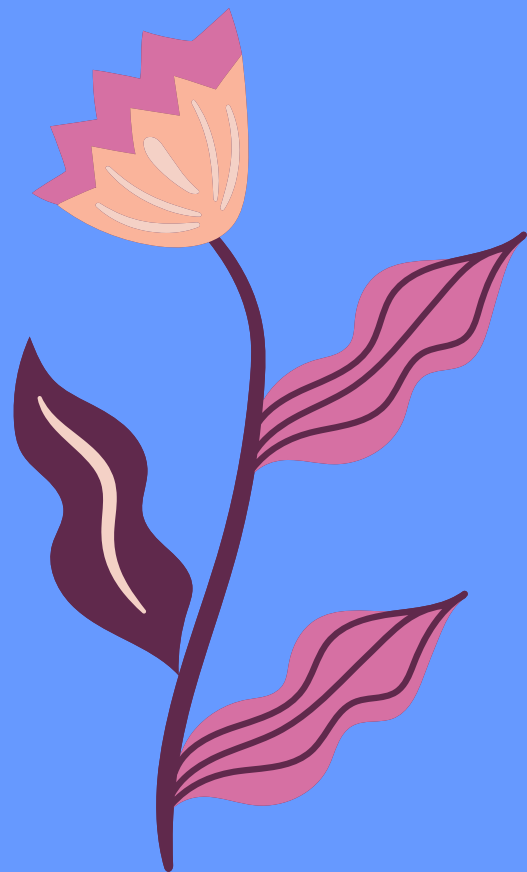
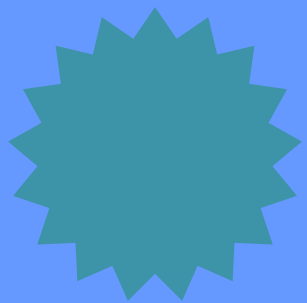
- Help
- Emotional and physical needs
- Resources





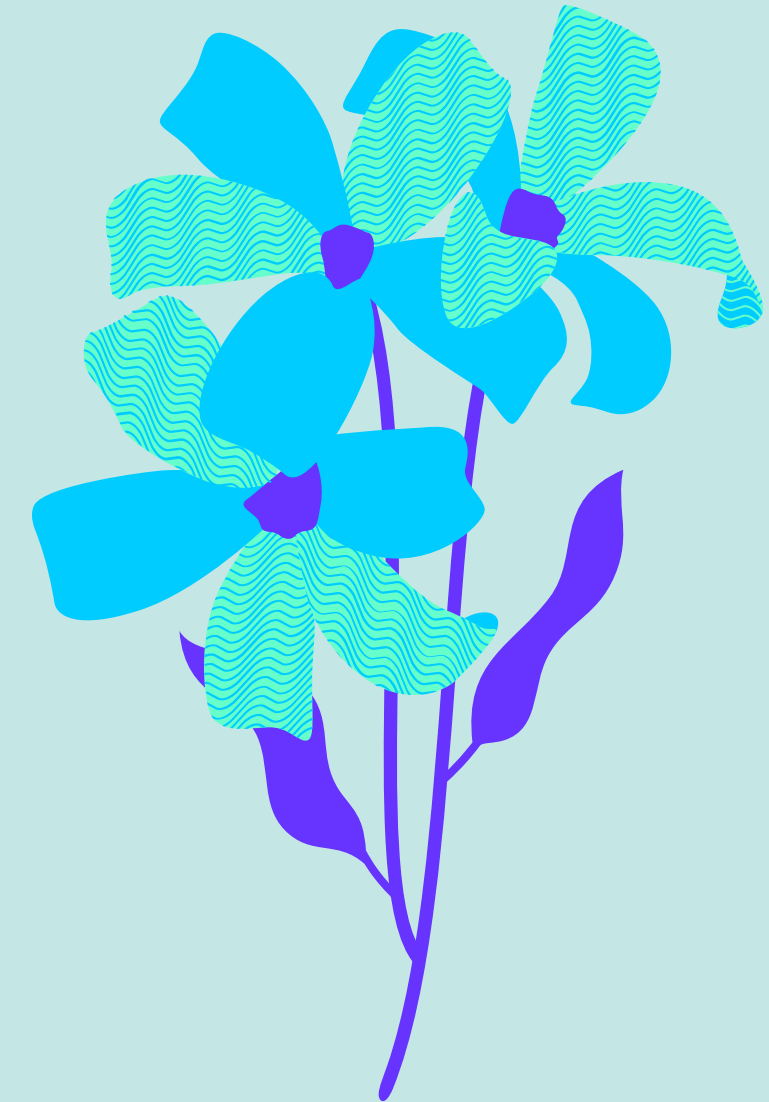
Setting Boundaries by Asking for More

"Yes" followed by "No"



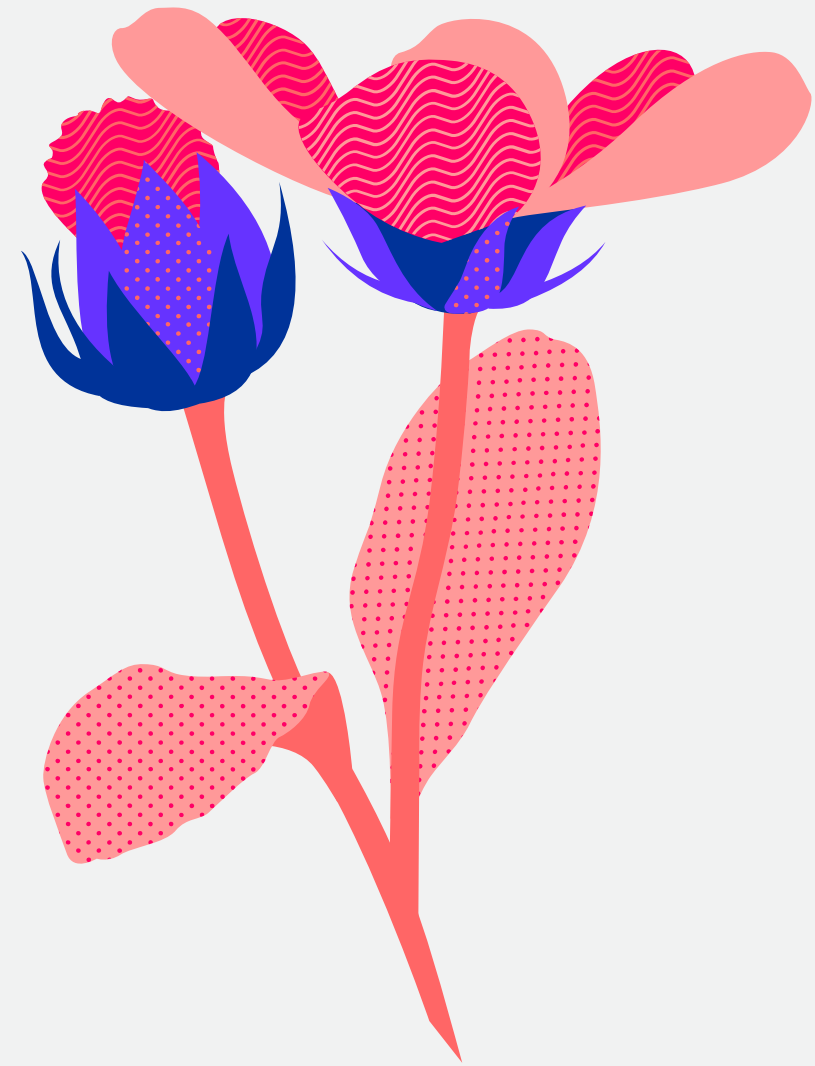
Asking for Help

- Caretaking, work responsibilities, event planning, etc.
- Look for signs of burnout, and ask for help there.
- Challenges to identity

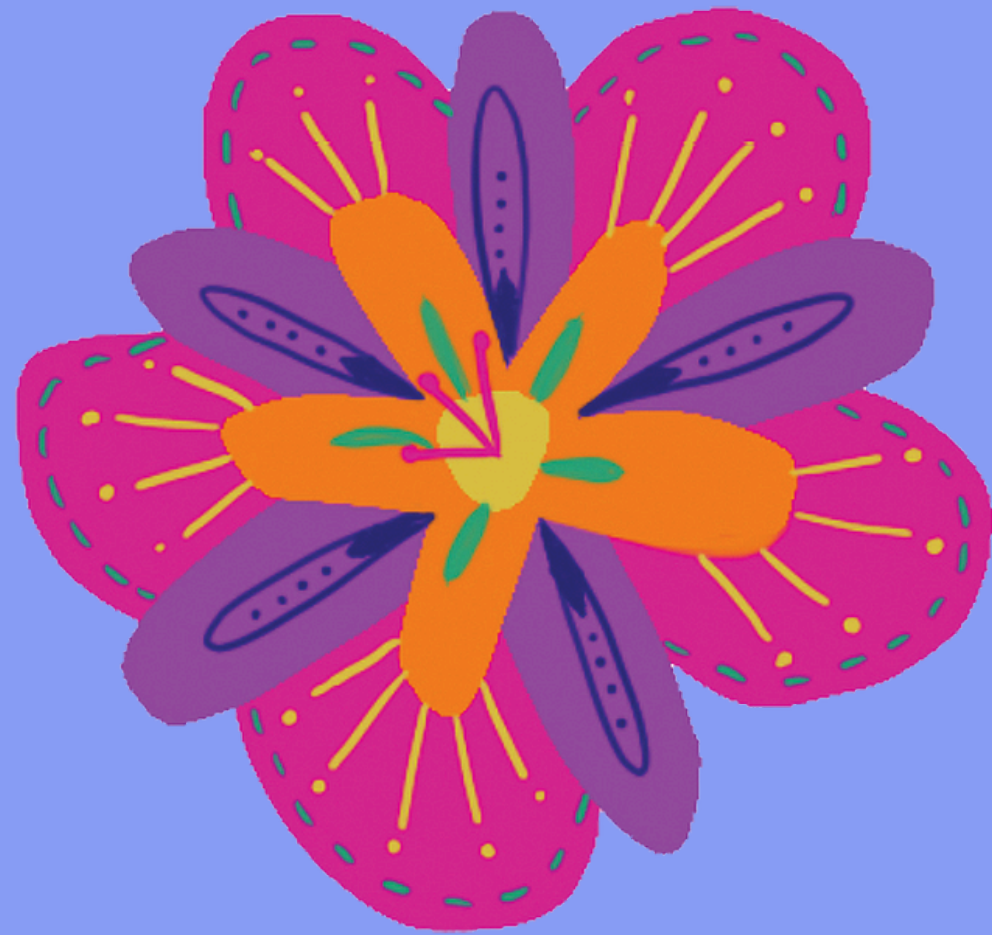


Emotional Needs

- Know your "love language."
- Everyone has emotional needs.
- You can't force someone to change, but you *can* express your truth.



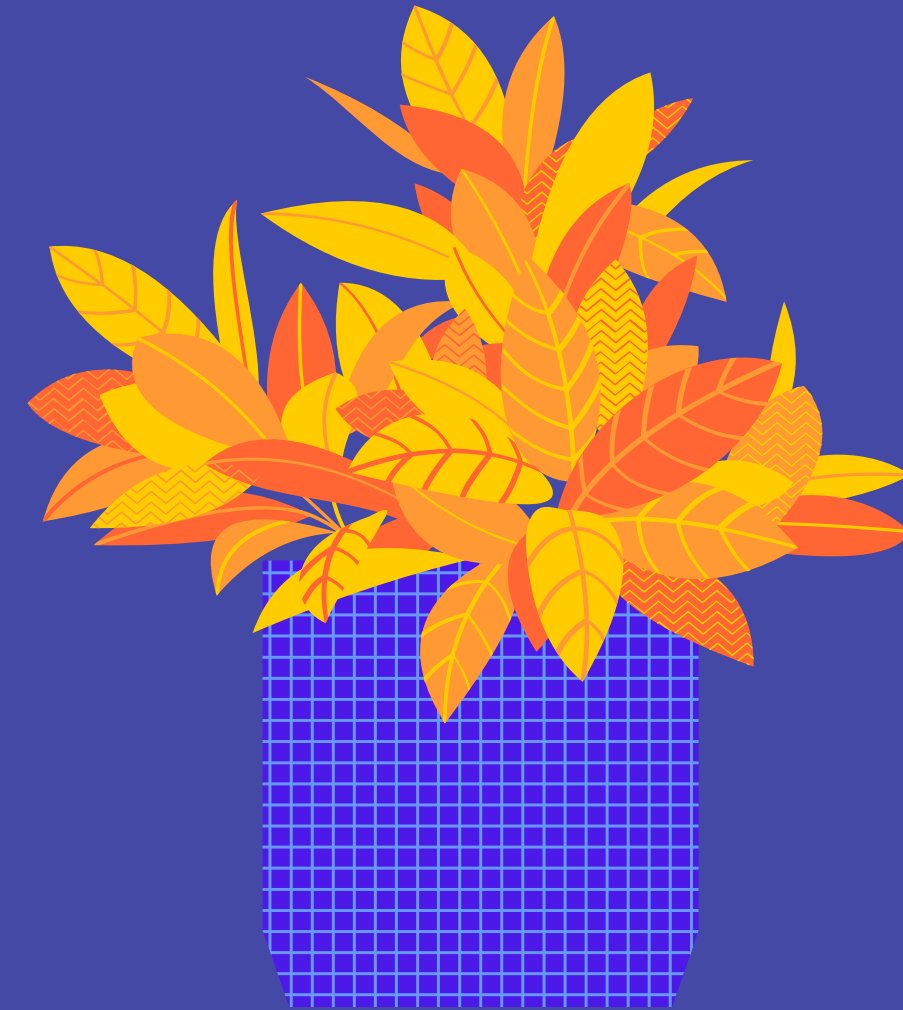
Physical Needs



- Rest
- Noise
- Nourishment
- Safety

Resources

- Asking for a raise
- Renegotiating a lease
- Raising your rates



How to Set a Boundary When You're Asking for More



Confront

Setting boundaries by asking for more can bring you closer to safe people.



Create Distance

When your request isn't met, you can set your boundary by creating space in the relationship.



Leave

When you're not being heard, some situations may need to come to an end.



Review

What you learned today.

- **Asking for more**
 - **Help**
 - **Needs**
 - **Resources**
- **How to do it**
 - **Confront**
 - **Create distance**
 - **Leave**



**You Are
Worth It!**