

COMMUNICATION

CHECKLIST

Do you agree with these statements?

☐

I feel comfortable expressing my opinion in a polite manner.

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I know that sometimes it is necessary and healthy to say "no".

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I can recognize when someone is crossing my personal boundaries.

☐

I understand the difference between respect and manipulation.

☐

I try to listen actively during conversations.

☐

I know how to ask for clarification when I don't understand something.

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I know the importance of healthy boundaries for mental well-being.

☐

I know that respectful disagreement is a normal part of communication.

☐

I can express my discomfort without feeling guilty.

☐

I feel safe when I communicate my personal boundaries.