**~ No!-Vember ~ Worksheet One – November 2021**

*A worksheet to kickstart your awareness for this month – whatever comes up top of mind for you is the perfect response – no one will see this but you.*

 *Ideally, fill this in BEFORE you watch this month's tutorial.*

**When do you feel taken advantage of or taken for granted?**

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**When do you tend to feel a bit resentful?**

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**When do you, be honest now, feel angry? It is ok to feel angry. Identify when it gets sparked in you.**

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**Which situations or who brings out the worst in you?**

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**Why do you think that is? What is it that bothers you so much?**

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**Where and with who are you biting your tongue, or avoiding conflict?**

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**Who is “needy” in your life?**

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**What do you always seem to run out of time for?**

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**In what situations do you tend to feel guilty?**

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**Why? What is it about this person or situation that brings guilt up for you?**

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**When or where have you put your foot down and felt really good about it?**

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**Who in your life models really clear boundaries on a particular aspect of their life or work?**

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*Well done – that’s a great first step in awareness for this month's module Healthy Boundaries for Kind People! We cannot transform that which we are unaware of - so that was great work.*

*Go dive into the tutorial and your tools for this month.*

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