



What is your relationship with 'speaking up'

Reflect on whether this is a strength or weakness for you.
Do you often initiate conversations or leave things unsaid?

Are you able to communicate your needs?

If you were honest with yourself, what would you ask for?

Help? Space? Understanding? Time?

What else do you need to speak up about?

What worry, fear, resentment and unspoken words are still taking up emotional space?

Do you know why you don't speak up?
Try completing this sentence many times...
"I don't speak up because..."

What benefits do you get from not speaking up or setting boundaries?

Hint: We often prefer what is most familiar, even if you are the one that suffers

What are your worst fears about speaking up?

What is the worst case scenario?

(Sometimes we have to truly see what holds us back)

How do you benefit if you speak up about your needs and boundaries?

How would this feel for you? What would be different?

Explore a scenario:

Write down (so you can be super clear!) what you would say to someone in your life about your boundaries or needs.