PSYCHERA
YOUR SPACE TO BECOME

# Needs and Boundaries

**A conversation starter**

Make space to name your needs before a conversation.

**What do I need right now?**

**What would I like to talk about?**

**What is one manageable next step?**

You can leave any prompt blank. This page is yours to keep.

These tools are for reflection and everyday support. They are not a diagnosis, treatment or a replacement for professional care. If a tool brings up difficult feelings, you can stop and return to it later or consider reaching out to a qualified professional.