

A MOTHER MAYHEM
JOURNAL EXERCISE:

**NEEDS
NAVIGATOR:
UNCOVERING
YOUR
BOUNDARIES**



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TO IDENTIFY YOUR NEEDS, FIRST REFLECT ON YOUR VALUES

- **What activities, experiences, and people bring joy and energy to my life? Which ones take it?**
- **What qualities do I value in myself? What qualities do I seek and value in others?**
- **What are some of my non-negotiables? If I didn't fear listing them, what other things might be included in this list?**
- **What do I prioritize when it comes to relationships with family, friends, and romantic partners?**



TO IDENTIFY YOUR NEEDS, FIRST REFLECT ON YOUR VALUES

- **When do I feel the most content and at peace? Which people or situations disrupt my peace?**
- **What are recurring or frustrating challenges in my life?**
- **What do I crave more of in terms of emotional support, connection, or understanding?**
- **What are my physical and mental wellbeing requirements?**
- **What do I need to feel safe and secure in my environment?**
- **What personal boundaries of mine do I feel are being crossed or violated?**



PAY ATTENTION TO YOUR EMOTIONS AND DISCOMFORT

- **Notice when you feel uneasy, frustrated, or uncomfortable in different situations or relationships.**
- **Tune in to your feelings and listen to what they are telling you. Your emotional responses can be valuable indicators of when your boundaries are being violated or compromised.**
- **Consider situations that left you feeling drained, resentful, or violated. Reflecting on past experiences where your boundaries were crossed can offer insights into areas where you need to establish clearer boundaries. This reflection can help you identify patterns and understand your personal limits.**



PAY ATTENTION TO YOUR EMOTIONS AND DISCOMFORT

- **Consider physical, emotional, and time boundaries: Reflect on your physical comfort zones, emotional thresholds, and the amount of time and energy you are willing to invest in certain activities or relationships.**
- **Can I identify any specific triggers or warning signs that indicate my boundaries are being crossed or tested?**
- **Can I identify any specific triggers or warning signs that indicate my boundaries are being crossed or tested?**
- **Are there any relationships or situations in my past that I can identify as toxic or unhealthy due to a lack of respect for my boundaries? What lessons can I learn from those experiences?**



PAY ATTENTION TO YOUR EMOTIONS AND DISCOMFORT

- **Looking back, are there any beliefs or conditioning from my upbringing or past experiences that have influenced my perception of boundaries? How can I challenge or reframe those beliefs?**
- **Looking back, are there any beliefs or conditioning from my upbringing or past experiences that have influenced my perception of boundaries? How can I challenge or reframe those beliefs?**
- **Are there any specific actions or behaviors from others that consistently make me uncomfortable or violate my boundaries? How can I address these situations assertively and constructively in the future?**

