

Understanding that others cannot anticipate your needs	"I don't want to do that."	Falling apart or being a victim so others will take care of you	Settle Disagreements Peacefully	Moving slowly into friendships to establish trust
Allowing others to feel upset without needing to "fix" the situation in some way.	Trusting no one or everyone	Respect Each Other	"This is not acceptable."	Self-Care
Stand Up for Yourself	Values own opinion	FREE	Accepting when others say "no" to them	Have Common Interests
Have a Personal Life	Spending time apart	Know personal wants and needs and can communicate them	Going against personal values to please others or to be liked	Noticing when your personal boundaries feel invaded
Giving as much as you can for the sake of being liked	Allowing friends to direct your life without questioning	Respect Each Other	manipulating others	Choosing what to share when ready

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