



MAEA

WORKBOOK

Asking For What You Want

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Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing. Alternatively you can print this workbook and take handwritten notes

Video One Insights

The Secret To Communicating

Video Two Insights

The Art Of Saying No

Video Three Insights

Building Boundaries

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This module is all about reigniting your voice and learning how we can honour ourselves by communicating what we need and want in relationships. Part of this involves saying no to what is for us and being able to ask for what we want and need, being able to clearly articulate this and lay out how our wants and needs can be met.

Below are two activities that you can complete to apply the know from the videos to you and your relationships.

Good luck!

ACTIVITY ONE

This activity is to get clear on what is non-negotiable for you in a relationship and what you won't tolerate. I invite you to get really clear on each item, what it means to you, what it looks like in action.

This is you 'knowing your position', you will be gain clarity on what you position is so that you can then communicate it to another person.

On the following page there is space for you to craft out some non-negotiables and be clear on the things you won't tolerate. For each one you can name what it is, what it means to you and what it looks like.

For example;

Non-negotiable - *respect*

What it means to me - valuing me as a human being and considering me in what you say or do.

What it looks like in action - listening to me, acknowledging my presence, considering my feelings when taking action or making choices, speaking kindly to me, being honest.

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NON NEGOTIABLES

Non-negotiable -

What it means to me -

What it looks like in action -

Non-negotiable -

What it means to me -

What it looks like in action -

Non-negotiable -

What it means to me -

What it looks like in action -

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I WON'T TOLERATE

I won't tolerate -

What it means to me -

What it looks like in action -

I won't tolerate -

What it means to me -

What it looks like in action -

I won't tolerate -

What it means to me -

What it looks like in action -

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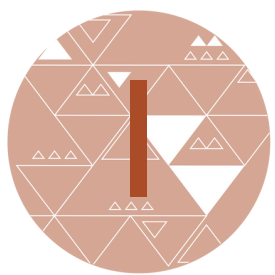
ACTIVITY TWO

Part of communicating what you want and need in a relationship also involves saying no and setting boundaries. Both are a normal and important part of healthy relationships. Use the different phases of building boundaries, the BIF model to help you say no in a respectful way and the boundary template to help you craft your boundary.

THE BIF MODEL



Behaviour - be specific, what did they do or say.



Impact - what effect is this having on you, use 'I' language.



Future - what do you want to be different next time.

CRAFT YOUR BOUNDARY

When you _____

I will _____

EXTRA CREDIT MISSION

Using the bonus guide that will be provided to you this week, communicate your no/boundary to someone in your life.

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