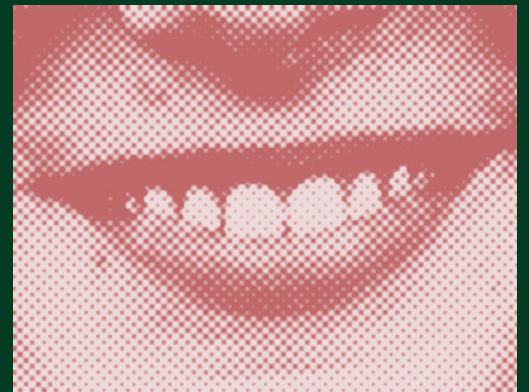


Communication and boundary setting are vital parts of caring for ourselves and others.



Practise in situations where you are more comfortable to build your confidence.



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