



Resources – Identifying the needs

- <http://www.guidetopsychology.com/boundaries.htm>
- <https://connectpsychology.com/en/2017/05/16/the-importance-of-setting-boundaries/>
- <https://www.youtube.com/watch?v=rtsHUeKnkC8>
- <https://www.youtube.com/watch?v=p33kgQumUP4>
- <https://psychcentral.com/lib/keeping-good-boundaries-getting-your-needs-met#4>
- <https://www.mudcoaching.com/blog/2020/1/7/8-questions-to-ask-yourself-if-your-needs-arent-being-met-in-your-relationship>
- <https://www.verywellmind.com/what-is-maslows-hierarchy-of-needs-4136760#toc-how-people-progress-through-the-pyramid-of-needs>