

- ☐ Developing appropriate trust over time
- ☐ Seeing shades of nuance and grey in many situations
- ☐ Moving gradually into intimacy as trust builds
- ☐ Staying grounded in your deep values and sense of self
- ☐ Trusting your inner cues, and tuning into your yes and no system
- ☐ Being your own protective and loving advocate
- ☐ Removing yourself from harmful situations
- ☐ Trusting your decisions, and your ability to learn & grow
- ☐ Staying focused on your own circle of control and influence
- ☐ Being sexual when you want to be and able to enjoy your own pleasure, sensuality and experience
- ☐ Honoring your own values even if others see things differently
- ☐ Tolerating the tension of differences and divergence in any healthy, individuated relationship
- ☐ Taking multiple perspectives without losing sight of own subjective experience
- ☐ Asking before touching
- ☐ Saying no to requests, gifts, food and touch that you don't want - without guilt
- ☐ Revealing and talking about your feelings, needs and desires
- ☐ Asking for what you want or need, without force or coercion
- ☐ Caring for yourself from a sense of healthy interdependence
- ☐ Treating yourself with compassion, respect and dignity
- ☐ Accepting someone else's no without trying to bully, intimidate or keep insisting on your way