

Handout 3

Self Reflection

If a friend reached out to you today and asked for support, would you feel **comfortable** and/or **confident** in knowing what to do? Explain.

Do you think you would find it difficult to establish **boundaries** with a friend seeking support? Why or why not?

What could you say if a friend wanted you to come over to support them, but you didn't feel you had the **time** or **personal capacity** to do so at that moment?