

Communicating Your Needs: Self-Reflection Handout



Reflecting on your boundaries can help you identify what you may need to communicate with others. To help identify what your needs might be, we've listed 5 areas where boundaries are often set in relation to learning, and given some examples.

Reflect on the various areas of student life below, to determine what needs you may have. Then, check out our Scenarios Handout to practice how to communicate these needs!

Fill out the form following this example:

Examples	Your needs/boundaries	How can your needs be accommodated?
Accessibility	I can't reach the tallest part of the cabinets.	<ul style="list-style-type: none"> • Talk with roommates about which shelves are for my things • Make sure our shared emergency supplies are accessible to me

Physical Boundaries

Examples	Your needs/boundaries	How can your needs be accommodated?
Roommates accessing personal spaces		
Food consumption (allergies, dietary restrictions, etc.)		
Physical contact (hugs, handshakes, etc.)		
Accessibility (frequency of breaks during exercise, mobility, etc.)		

Emotional Boundaries

Examples	Your needs/boundaries	How can your needs be accommodated?
Intrusive questions (personal relationships, money, etc.)		
Too much information (about others' personal lives, etc.)		
Dismissive behaviour (your concerns are not heard/valued)		

Capacity (whether you can or cannot talk about something)		
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Time Boundaries

Examples	Your needs/boundaries	How can your needs be accommodated?
Time commitments & availability		
Distribution of group/housework		
Curfew		
Payment for assistance (e.g., tutoring)		

Intellectual Boundaries

Examples	Your needs/boundaries	How can your needs be accommodated?
Conflicting viewpoints		
Language use (swear words, outdated and/or offensive terminology)		
Inappropriate or offensive attitudes		
Sharing homework examples		

Material Boundaries

Examples	Your needs/boundaries	How can your needs be accommodated?
Lending important items or money		
Sharing items		
Sharing subscriptions/services		
Sharing personal information (e.g., phone numbers, contacts)		