

TRUTH

Who do you struggle to enforce boundaries with?
Why? What would you tell them if you could?

DARE

Say "no" to something you don't want to do

I SAID "NO" TO:

NOTE: You may be tempted to perform the "dare" without writing it down. Don't do that! Physically writing it on paper can help your brain feel more accomplished—which means you're more likely to do it again. (Plus, it gives your brain a hit of that "I fuckin' did it!" feeling.)