Tab 1

# Week

14

# Day

1

# Day Title

Fear of Setting Boundaries

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

The fear of setting boundaries often comes from past experiences of rejection, conflict, or guilt. While it can seem like we are afraid of others’ reactions, what we are truly avoiding are the feelings that arise in us when others are disappointed or angry. Shame, guilt, and unworthiness feel so uncomfortable that we silence ourselves to avoid them. By practicing compassion and starting small, we can learn to tolerate these feelings and discover that healthy relationships can withstand boundaries.

# Daily Passage

Setting boundaries is an act of self-respect, yet for many of us it feels deeply uncomfortable. Even when we know what we need, fear often rises the moment we try to express it. We might worry about disappointing someone, creating conflict, or being rejected. These fears are powerful because they touch the same vulnerable places that shaped us in childhood. Understanding the roots of this fear helps us move through it with compassion and courage.

One of the most common fears around boundaries is fear of rejection. Humans are wired for connection, and historically survival depended on belonging to the group. As children, we quickly learned that if asserting ourselves risked losing love or approval, it felt safer to stay quiet. This pattern often follows us into adulthood. Saying no or naming a limit can stir an old panic: If I assert myself, will I be abandoned?

Another fear is fear of conflict. Many people grew up in homes where conflict was explosive, frightening, or unsafe. Others grew up in environments where conflict was avoided altogether, leaving them with little practice in handling it. As adults, the mere thought of upsetting someone can trigger anxiety. We may choose silence, even when our boundaries are being crossed, simply to avoid tension.

There is also the fear of guilt. Cultural and family messages often teach that caring for ourselves is selfish, especially for women, caregivers, or those in marginalized groups. Saying no may stir an inner critic that accuses us of being unkind or uncaring. The guilt can feel heavier than the boundary itself, keeping us stuck in over-giving or self-sacrifice.

And underneath many of these fears is a more subtle truth. We often believe we are afraid of how others will react to our boundaries. Yet more often, we are afraid of what we will feel inside when someone reacts with disappointment or anger. We fear the shame of feeling unworthy, the heaviness of guilt, or the dread of being seen as bad. We make it about them, but the discomfort lives in us. When we see this clearly, we realize that boundary work is not only about managing others’ responses but also about learning to sit with our own feelings without abandoning ourselves.

These fears are not irrational. They are learned. If our early experiences taught us that asserting ourselves cost us love, safety, or belonging, the body remembers. Each attempt at boundary-setting may reactivate those old memories. This is why the fear feels so strong, even when we “know better” as adults.

Working with this fear begins with compassion. Instead of criticizing ourselves for being weak, we can recognize that the fear is a younger part of us trying to protect connection. Offering reassurance, “I can keep myself safe now, even if someone is disappointed,” helps soothe the nervous system.

It also helps to start small. Practicing boundaries in low-stakes situations builds confidence. For example, telling a coworker, “I cannot stay late today,” or asking a friend, “Can we meet earlier?” allows us to experience the truth: relationships often survive boundaries. In fact, they often grow stronger because boundaries bring clarity.

Another practice is to separate the boundary itself from others’ reactions. We are responsible for expressing our limits clearly and respectfully. Others are responsible for how they respond. Some may push back, especially if they benefited from our lack of boundaries in the past. This resistance does not mean the boundary is wrong. It simply means change is uncomfortable.

It is also important to remember that boundaries create safety not only for us but for our relationships. Without them, resentment builds, and intimacy erodes. With them, connection has space to flourish because both people know where they stand. Boundaries are not barriers to love. They are the conditions that make love sustainable.

Fear will not vanish overnight. But each time we practice setting a boundary, even with trembling, we teach our nervous system that it is possible to care for ourselves and stay connected. Over time, the fear lessens, replaced by a quiet confidence: I can honor myself and still belong.

# Alternative View

Although fear can hold us back, it sometimes signals wisdom. Hesitation may mean the boundary is unclear, poorly timed, or not fully aligned with our values. Listening to fear with curiosity helps us distinguish between old patterns of avoidance and genuine signals that a different approach might serve us better.

# Activity

What fears arise in you when you imagine setting a boundary?

Where did you first learn that saying no or asserting yourself was dangerous or selfish?

What small, low-stakes boundary could you practice this week?

How might you reassure your younger self that setting boundaries does not mean losing love?

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Tab 2

# Week

14

# Day

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# Day Title

Boundary Violation and Repair

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

Boundary violations can be accidental or intentional, but both are painful. Repair requires acknowledgment, accountability, and change. Some relationships can rebuild trust, while others may require distance. Responding with clarity and compassion allows us to protect our dignity while staying open to growth.

# Daily Passage

Even when we express boundaries clearly, they are not always respected. Sometimes this happens by mistake, someone forgets, misunderstands, or oversteps without realizing. Other times it happens knowingly, with disregard for our limits. Whether intentional or unintentional, boundary violations are painful. They can stir feelings of anger, shame, or helplessness because they strike at our sense of safety. How we respond matters. Repairing after a violation can restore trust, strengthen relationships, and deepen our commitment to honoring ourselves.

Boundary violations take many forms. A friend might share private information after you asked them not to. A coworker may repeatedly pressure you to stay late despite your clear no. A partner may raise their voice even after you set an emotional boundary around calm communication. Some violations are small and unintentional, while others cross into harmful or even abusive territory. Recognizing the difference is important, because the path to repair depends on both the severity and the intent.

When a violation occurs, the first step is to acknowledge what happened. This is not about blaming yourself but about naming reality. For example: “I asked for privacy about that situation, and you shared it with others.” Naming the violation clearly prevents minimization, both for ourselves and the other person.

The next step is deciding how to respond. Sometimes a conversation is enough. We can say: “When you raised your voice, I felt unsafe. I need us to pause when that happens.” This invites repair by giving the other person a chance to acknowledge their part. If the violation was unintentional, many people are willing to apologize and adjust.

Other times, especially if the violation was intentional or repeated, protecting ourselves may require stronger action. This could mean limiting contact, seeking outside support, or in some cases ending the relationship. Boundaries are only meaningful if we are willing to follow through when they are not respected. Choosing distance is not punishment. It is an act of self-protection.

Repair after a boundary violation involves both sides. The person who crossed the boundary must be willing to take responsibility, apologize sincerely, and change behavior. The person whose boundary was crossed must decide whether trust can be rebuilt and what conditions are needed for safety. Repair is a process, not a quick fix. Trust is rebuilt through consistent actions over time, not just words.

It is also important to remember that not every violation can or should be repaired. In cases of repeated harm, manipulation, or abuse, the safest choice may be to end the relationship. Forgiveness is not the same as reconciliation. You can release resentment without reopening the door to someone who continues to harm you.

On the other hand, smaller boundary missteps are inevitable in human relationships. None of us are perfect at reading each other’s needs. Repair in these cases can actually strengthen connection, because it demonstrates resilience. When both people can say, “I see where I crossed a line, and I am committed to doing better,” intimacy deepens.

Repairing a boundary violation also involves self-compassion. Many people blame themselves when their boundaries are ignored. They may think, “I should not have set that limit,” or, “Maybe I was asking too much.” These thoughts reflect old conditioning that taught us to minimize our needs. The truth is simple: boundaries are valid, and their violation is never our fault. Offering ourselves kindness helps us stay grounded as we decide the next step.

Ultimately, boundary violations remind us of the importance of clarity, consistency, and self-respect. Repair is possible when both people are willing to take responsibility and rebuild trust. When repair is not possible, choosing distance is a form of honoring our own dignity. Either way, responding to violations with awareness helps us stay aligned with our needs and values.

# Alternative View

While boundaries are essential, it is possible to set them in ways that are unclear or unrealistic. Sometimes what feels like a violation is actually a misunderstanding or a need for clearer communication. Pausing to reflect before reacting can prevent unnecessary rupture.

# Activity

What boundary of yours has been violated in the past, and how did you respond?

How do you know when a violation is repairable versus when it signals a need for distance?

What does sincere repair look and feel like to you?

How can you offer yourself compassion when your boundaries are crossed?

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# Day Title

Negotiating Differences With Respect

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

Negotiating differences requires clear communication, emotional regulation, and respect for all needs. By distinguishing between needs and strategies, practicing curiosity, and staying flexible, we can find creative solutions that honor both self and other. Respect transforms differences into opportunities for deeper connection.

# Daily Passage

Even in the healthiest relationships, differences are inevitable. We may have different needs, preferences, or values from the people we love. One partner may want more closeness, while the other needs more space. Friends may have different communication styles or levels of availability. Families may hold different traditions or expectations. These differences are not signs of failure. They are opportunities to practice negotiation with respect and care.

Negotiation begins with recognizing that all needs are valid. This does not mean that every need can be met exactly as we want, but it does mean that each person’s needs deserve acknowledgment. When we believe our needs matter while also honoring the needs of others, we create space for collaboration instead of competition.

Respectful negotiation requires clear communication. This means naming our needs directly while also listening deeply to the other person. Active listening is more than waiting for our turn to speak. It means being curious about the other’s perspective, asking clarifying questions, and reflecting back what we hear. For example, “I hear that you need more downtime in the evenings, and I need more conversation. How can we find a rhythm that supports both of us?”

Compromise is often part of negotiation, but compromise does not mean abandoning ourselves. It means staying flexible, open to creative solutions, and willing to experiment. If one partner needs quiet time and the other craves connection, perhaps they agree on a shorter check-in conversation before moving into individual activities. This way both needs are acknowledged, even if not perfectly satisfied.

Emotional regulation plays a key role in negotiation. When we are activated, angry, defensive, or fearful, it is harder to hear others with openness. Taking a pause, breathing, or even rescheduling the conversation for a calmer moment helps ensure that we are responding from our adult selves rather than from old wounds.

It is also important to distinguish between needs and strategies. Two people may share the same underlying need but imagine different strategies to meet it. For example, one person may want connection through daily texts, while the other prefers weekly dinners. By identifying the shared need for connection, the focus shifts from competing strategies to collaborative problem-solving.

Sometimes negotiation reveals deeper values or patterns. A repeated clash about household chores might not only be about cleaning but about respect, fairness, or gender roles. Approaching these conversations with curiosity rather than accusation allows the deeper issue to surface. Respectful negotiation means being willing to explore the layers beneath the surface conflict. From there, creative solutions often become possible.

Negotiation also requires a willingness to accept limits. Not all differences can be fully resolved. Sometimes values or lifestyles diverge in ways that cannot be bridged. In these cases, respect may mean agreeing to disagree, or in some situations, acknowledging that a relationship cannot meet certain needs. Facing this truth with honesty, rather than forcing false harmony, is a form of integrity.

Respect is the thread that holds negotiation together. It shows up in tone, in body language, and in the willingness to stay engaged even when conversations are uncomfortable. Respect says: “Your needs matter, and so do mine. Let’s work toward a path that honors both of us.”

Negotiating differences is not about winning or losing. It is about learning how to share life with others in ways that protect dignity and foster connection. When we approach differences with respect, we discover that they can deepen intimacy rather than threaten it.

# Alternative View

Not all differences can be negotiated. Some reflect core values or life choices that cannot be compromised. In these cases, the most respectful path may be to accept the difference honestly or to reevaluate whether the relationship can meet essential needs.

# Activity

What recurring differences show up most often in your relationships?

How do you usually respond when your needs conflict with someone else’s?

What helps you stay respectful and grounded during difficult conversations?

Where might you experiment with a creative solution that honors both your needs and another’s?

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# Day Title

The Link Between Boundaries and Intimacy

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

Boundaries make intimacy possible by protecting safety, clarity, and authenticity. They prevent enmeshment, reduce resentment, and allow love to grow from freedom rather than obligation. While fear tells us boundaries threaten closeness, in truth they strengthen trust and deepen intimacy.

# Daily Passage

At first glance, boundaries and intimacy might seem like opposites. Intimacy is about closeness, while boundaries are about limits. Yet in truth, boundaries are what make intimacy possible. Without boundaries, closeness becomes blurred and unsafe. With them, intimacy deepens, because both people know where they stand and can meet each other in honesty. Boundaries do not push love away. They create the conditions for trust, respect, and genuine closeness to flourish.

When we lack boundaries, we often fall into patterns of people-pleasing, over-giving, or self-abandonment. In these states, we may appear close to others, but inside we feel unseen or resentful. This is not true intimacy. Intimacy requires authenticity, and authenticity requires that we know and honor our limits. When we express boundaries, we allow others to meet the real us, not a version we create to keep the peace.

Boundaries also protect safety. Emotional and physical closeness is only sustainable when both people feel secure. If we fear being overwhelmed, criticized, or ignored, we will pull back from intimacy. Clear boundaries reduce that fear. For example, saying, “I am open to talking about this, but I need you to speak calmly,” creates a container where vulnerability can unfold. Boundaries like this are not restrictions. They are invitations into safe connection.

There is another way boundaries build intimacy: they create clarity. When we know what is and is not okay for the other person, we can relax into closeness without guessing. For example, a partner who knows you need time alone after work will not take your solitude personally. A friend who knows you cannot talk late at night will respect your rest without resentment. Boundaries reduce the hidden tensions that often erode connection.

Fear often tells us that setting boundaries will drive people away. And sometimes it does, especially if the other person is invested in us having no limits. But more often, boundaries strengthen relationships. They allow closeness to be freely chosen rather than demanded. When we say no with honesty, our yes becomes more meaningful. Boundaries make love more authentic because it arises from freedom rather than obligation.

Intimacy also thrives when boundaries prevent enmeshment. In relationships without boundaries, one person’s feelings or needs can dominate, leaving the other drained. Healthy boundaries allow both people to remain whole and distinct. Intimacy is not about merging into sameness but about standing side by side in mutual respect. Boundaries make space for both individuality and togetherness.

Our fear of setting boundaries often comes from old conditioning. We think, “If I say no, I will lose love.” Yet the deeper truth is that we fear the feelings that arise in us when someone is disappointed. We do not want to feel guilty, ashamed, or unworthy. But avoiding boundaries to escape those feelings only creates distance in the long run. True intimacy asks us to risk those uncomfortable emotions in order to be fully ourselves.

Practicing boundaries in small ways helps build trust in this process. Expressing a need for rest, privacy, or help shows us that relationships can survive boundaries. Over time, we learn that boundaries do not end intimacy. They keep it alive.

In the end, intimacy is not about endless giving or blurred togetherness. It is about two whole people meeting in honesty, respect, and care. Boundaries are the framework that holds that closeness. They are not the enemy of love. They are its foundation.

# Alternative View

Boundaries can sometimes be set too rigidly, creating walls instead of bridges. If boundaries become inflexible or are used to avoid vulnerability, they can block intimacy rather than build it. Healthy boundaries require both firmness and openness.

# Activity

When have you experienced a boundary strengthening intimacy in your life?

What fears arise in you about losing closeness when you set a boundary?

How does intimacy feel different when both people’s limits are respected?

What is one small boundary you could practice this week that might support deeper connection?

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# Day Title

Practice Saying No With Love

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

Saying no with love is an act of honesty and care. It allows us to protect our limits without rejecting others. By softening our no with acknowledgment, practicing small steps, and even giving ourselves permission to say “maybe” while discerning, we build confidence in honoring our needs while keeping connection alive.

# Daily Passage

For many people, the word “no” feels like one of the hardest things to say. We may worry that it will hurt someone, create conflict, or lead to rejection. Yet saying no is an essential part of healthy relationships. Without it, we risk overextending ourselves, building resentment, or losing authenticity. Practicing how to say no with love allows us to honor our limits while still staying connected.

At its heart, saying no is an act of honesty. It communicates that we are aware of our own needs and are willing to respect them. It also gives others the gift of clarity. When we say yes out of obligation or fear, our presence is half-hearted. When we say no with integrity, our eventual yes carries more meaning.

Saying no with love does not mean being harsh. It means speaking from care rather than defensiveness. For example: “I really appreciate the invitation, and I need rest tonight, so I cannot come.” The warmth in the tone matters as much as the words. Saying no with kindness preserves dignity on both sides.

One way to soften a no is to pair it with acknowledgment. We can affirm the other person’s request or feelings before naming our boundary. For instance: “I know this project matters to you, and I need to focus on my own workload right now.” This approach shows that the no is not a rejection of the person, but a recognition of our own limits.

It is also okay to say “maybe” when we need time to discern what is true for us. Many of us feel pressured to give immediate answers, fearing that hesitation will disappoint others. Yet pausing to reflect can help us avoid automatic yeses that lead to resentment. A gentle response like, “Let me think about that and get back to you,” creates space to listen inwardly. From there, we can return with either a clear yes or a graceful no. This practice respects both our own process and the relationship.

Saying no can also be done in stages. Sometimes we cannot give everything that is asked, but we can offer a smaller yes. For example: “I cannot commit to the full project, but I could help for an hour on Saturday.” This middle ground still honors our boundaries while keeping the spirit of connection alive.

Of course, saying no often stirs uncomfortable feelings. We may feel guilty, ashamed, or unworthy when we imagine someone being disappointed. Yet these feelings do not mean we are doing something wrong. They are echoes of old conditioning that taught us to equate self-care with selfishness. With practice, we can remind ourselves: it is not unkind to honor our limits. It is necessary.

Learning to say no with love also supports intimacy. When both people in a relationship feel free to set limits, trust grows. No one has to guess or push past hidden resentment. Boundaries make the relationship stronger because each yes and no comes from a place of authenticity.

Saying no gracefully is a skill, and like any skill it improves with practice. We can start small, experimenting with low-stakes situations. Over time, we gain confidence and discover that many relationships can handle boundaries. In fact, they often thrive because of them.

Ultimately, practicing no with love is about balance. It allows us to stay true to ourselves while still offering kindness to others. A clear no spoken from the heart keeps connection alive, because it comes from a place of respect—for both self and other.

# Alternative View

While it is important to say no with love, not every no will be received well. Some people may still feel disappointed, hurt, or resistant. This is part of their process. Our role is to stay grounded in honesty and compassion, not to control their reactions.

# Activity

When was the last time you said yes when you truly wanted to say no?

What feelings arise in you when you imagine disappointing someone with your no?

Where might you experiment with saying “maybe” to give yourself more time and space?

How could you practice saying no this week in a way that feels both clear and kind?

Tool to Create:

What do I want to say no to?

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# Week

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# Day

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# Day Title

Boundaries As Acts of Love and Trust

# Lesson Name

Needs and Boundaries

# Meme

(insert meme image)

# Summary

Boundaries are not about control or rejection but about love, trust, and freedom. They allow us to show up authentically, take responsibility for our emotions, and give others the clarity to choose how they engage with us. When practiced this way, boundaries empower us and deepen intimacy.

# Daily Passage

What if we stopped trying to manage or change each other and instead showed up in relationships as our true selves? This is the deeper invitation of boundaries. Boundaries are not about controlling others or keeping people out. They are about showing up authentically, naming what we need and want, and trusting others with the truth of who we are. When we live this way, relationships become less about managing and more about meeting each other in freedom.

Boundaries are acts of self-love. They honor our dignity, protect our emotional well-being, and empower us to take responsibility for our own feelings. Instead of waiting for others to change or guessing what they want, we turn inward and ask, “What do I need to feel whole?” Boundaries are the way we answer that question in relationship. They say, “I love myself enough to honor my limits.”

But boundaries are also acts of love toward others. When we set a boundary, we are giving people clarity instead of confusion. We are saying, “Here is what is true for me. You are free to meet me here, or not.” This allows others to make an informed choice about connection. Far from being selfish, boundaries are one of the most respectful things we can offer. They give others the chance to meet us as we are, not as a version of ourselves shaped by fear, resentment, or pretending.

Boundaries are not walls against love but containers for it. They help us love people better by keeping relationships at the distance that honors truth and respect. When we set healthy boundaries, we stop expecting others to meet needs they cannot meet and stop abandoning ourselves to maintain connection. Boundaries create space for clarity, honesty, and genuine care to grow. They also protect love from becoming tangled with resentment or exhaustion. When we know where we end and another begins, we can meet each other more freely, without confusion or control. In this way, boundaries do not limit love, they preserve its purity.

Boundaries also embody trust. When we set them, we are trusting that others can handle the truth. We are trusting that relationships can survive honesty, and that love does not require constant self-sacrifice. We are also trusting ourselves. Even if others feel disappointed, we can sit with our own feelings without abandoning ourselves. This trust strengthens both resilience and intimacy.

Imagine if we all committed to this way of relating. Instead of trying to change each other, we could honor each other’s freedom. Instead of hiding our needs, we could speak them plainly. Instead of carrying silent resentments, we could live in clarity. In such relationships, love becomes less about control and more about presence. Each person remains responsible for their own emotions, while still caring deeply for one another.

Boundaries are also empowering because they shift us from blame to ownership. When someone crosses a limit, we do not need to make them the villain. We simply act in alignment with our values: “If this happens, here is what I will do.” This approach keeps us grounded in choice. It says: “I cannot control you, but I can choose for myself.” In this sense, boundaries liberate us from cycles of power struggle and resentment.

Seen in this light, boundaries are less about distance and more about commitment to honesty, to freedom, and to love that does not require self-abandonment. They are the structure that allows intimacy to flourish, because both people know they can show up as themselves.

The invitation is to view boundaries not as heavy rules but as gifts. They are gifts to yourself, affirming your worth and dignity. They are gifts to others, offering clarity and trust. And they are gifts to your relationships, allowing love to grow in freedom.

# Alternative View

While boundaries are powerful acts of love, they can sometimes be misused as rigid defenses or as ways to avoid vulnerability. The spirit of boundaries matters. They should support freedom and connection, not create unnecessary walls.

# Activity

How do you feel when you remember that boundaries are an act of love, not rejection?

What boundary in your life could you reframe as a gift—to yourself, to others, or to the relationship?

Where do you still try to change others instead of showing up authentically and naming your needs?

What would it look like for you to commit to both your own freedom and the freedom of those you love?

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