

(YOUR BOUNDARIES INCLUDE YOUR THOUGHTS & FEELINGS, YOUR OPINIONS, YOUR BODY, YOUR TIME AND YOUR MONEY.)

PEOPLE CANNOT...

(CRITICIZE ME, CALL ME NAMES, TAKE THEIR ANGER OUT ON ME.)

SETTING BOUNDARIES

IT IS MY RIGHT TO REQUEST...

(TIME ALONE, AFFECTION, ATTENTION, PRIVACY)

WHO DO I NEED TO SET
BOUNDARIES WITH?

I AM TOLERATING OR PUTTING UP WITH...

WHAT BOUNDARIES DO I
NEED TO SET?

