

SETTING BOUNDARIES

A boundary, in your own words

Boundaries are easier to hold once you've worked out what they are, out loud, before you need them.

THE SITUATION

Where do I notice this boundary keeps getting crossed?

WHAT I NEED

What I actually need here is...

WHY IT MATTERS

This matters to me because...

THE WORDS

One sentence I can say when it comes up:

IF IT'S CROSSED

If this isn't respected, what I'll do next is...
