

B

t

5 Types

t

Why It's Hard

t

I

t

t

t

G

t

t

t

t

t

t

t

The 5 Elements of a Healthy Boundary

Consciousness – Know Myself

t

Clarity – What Do I Want?

t

Consequences – How far?

t

Communication – Confident

t

Consistency – Don't Slide

t

Enforcing				
Honoring				
Crossing				
Self				
Healthy				
Boundaries				Total



t

t

t

t
