

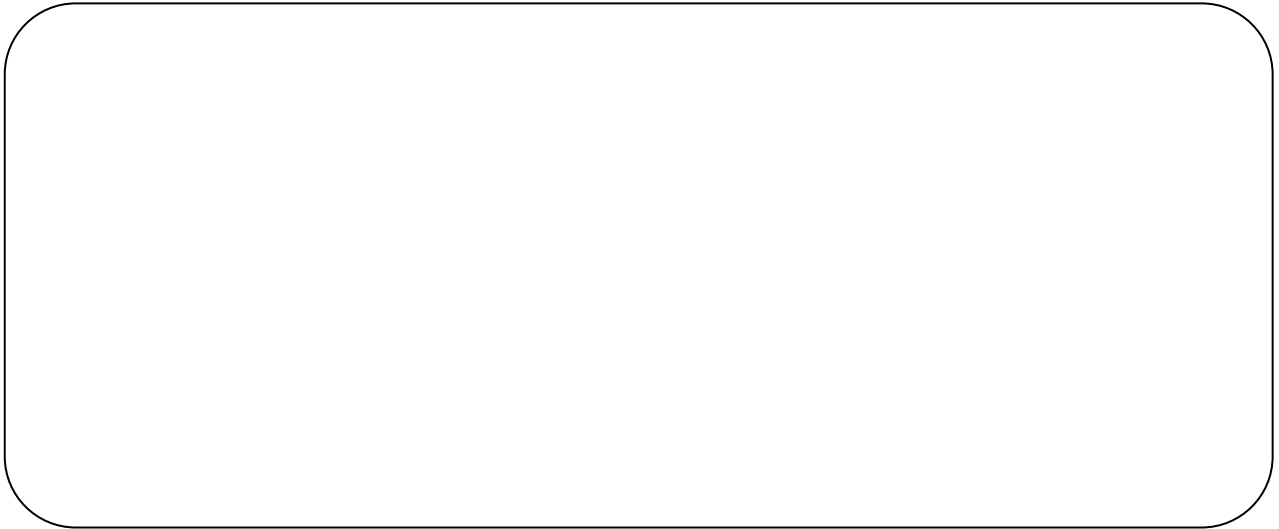
*Courage
To Be You!*

**Boundaries In
My Life**

Boundaries in My Life

Write the following sentences and complete them

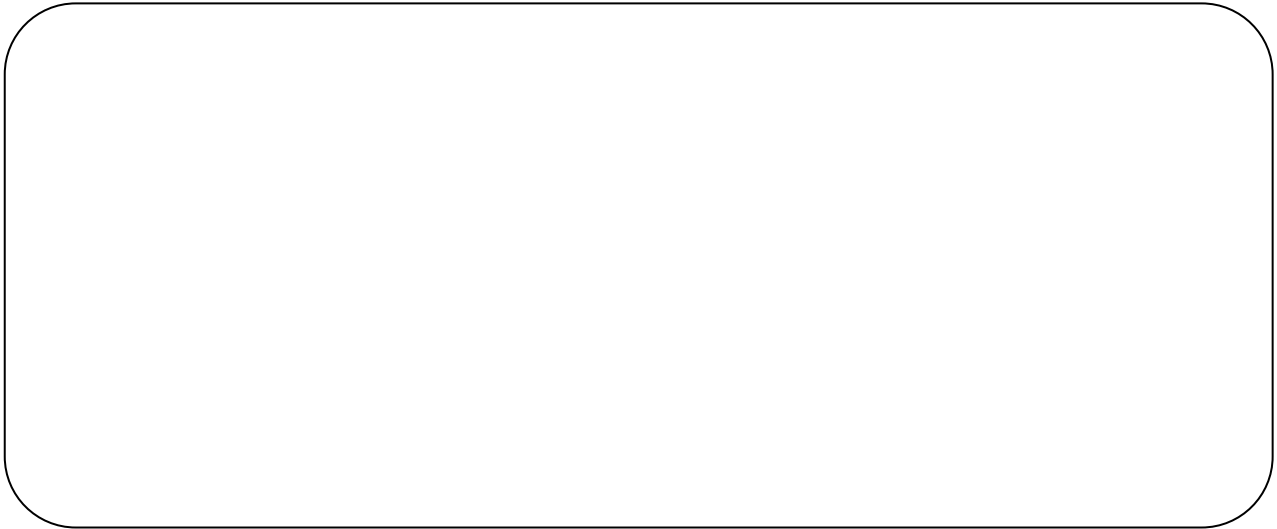
The areas of my life that could be improved by better boundaries are:



The problems this lack of boundaries cause are:



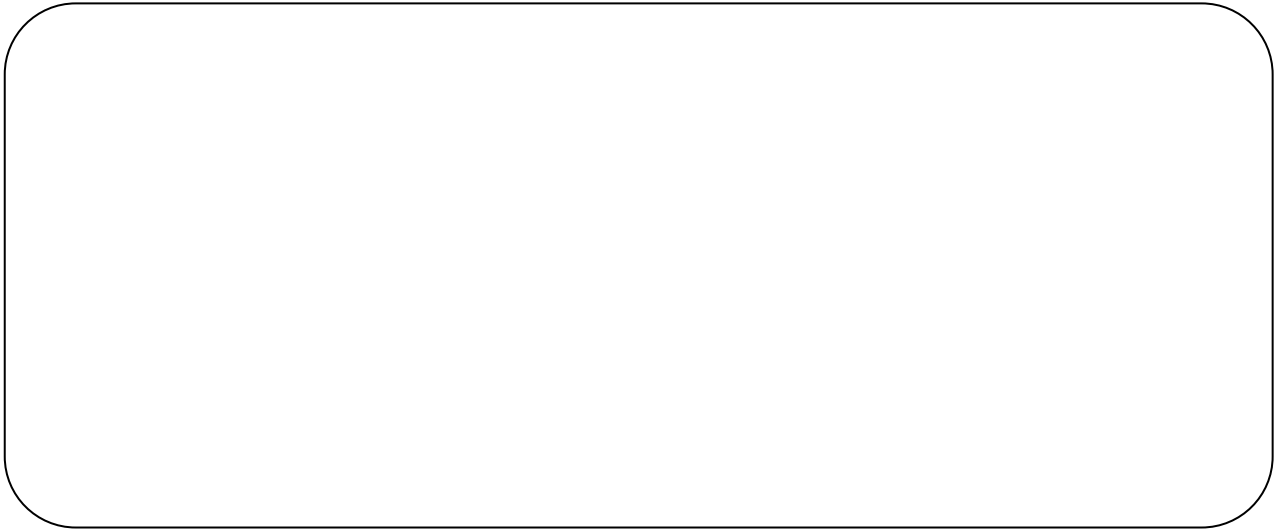
I can set better limits by:



Having these boundaries means my life will be different because:



If I don't set these limits, how will that affect my life in the short term?



If I don't set these limits, how will that affect my life in the long term?



What problems may I have in setting or maintaining these boundaries? Is there a way I can help myself with that?



Why haven't I set these boundaries before now?



Courage To Be You!

When did I learn that being assertive in this way means I'm not kind, caring, friendly, etc?



Do I still think this is true?

