

3 Step Boundary Builder

www.polishyoursparkle.com.au



Step 1:

Define Your Limits

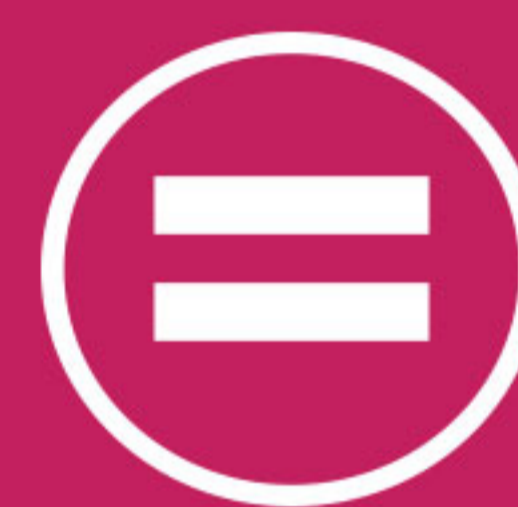
Boundary Besieger

- Work Colleague
- Parent
- In-Law
- Friend
- Sibling
- Relative
- Acquaintance
- Neighbour
- Other



Boundary Besieger

- Time
- Opinion
- Personal Space
- Money
- Choice
- Tolerance
- Other



Build Boundary

Step 3:

Assume Positive Intent

Brainstorm optimistic reasons why people push your boundaries

Step 2:

Rehearse a Breach

Brainstorm - who will do what - what will you do/say to enforce your boundary



Explanatory Notes