

## 3 Step Boundary Builder

[www.polishyoursparkle.com.au](http://www.polishyoursparkle.com.au)



### Step 1:

#### Define Your Limits

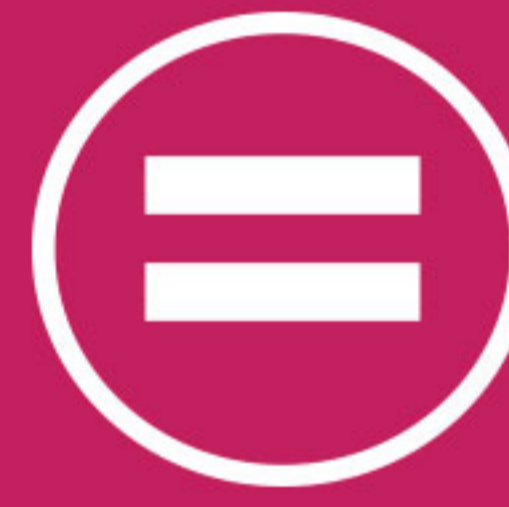
##### Boundary Besieger

- 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

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### Step 2:

#### Rehearse a Breach

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

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Explanatory  
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