

# Setting Boundaries in Various Situations



What area of life (*circle*)?

Beliefs	Sex	Money	Relationships
Values	Health	Body	Feelings
Future	Lifestyle	Space	Love
Possessions	Spirit/Soul	Time	Career
Service			

Who is involved?

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Situation Summary (5 sentences max):

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If I don't set a boundary, what are the costs, and what needs will not be met?

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If I do set this boundary, what are the benefits and needs met by doing so?

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“Treasured Self” Boundary Possibilities:

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