Boundaries List

Purpose of these boundaries:

 \rightarrow (Write your purpose here, such as: To feel safe, to protect my emotional well-being, to reestablish trust in myself.)

1. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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2. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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3. Boundary:

 \rightarrow (Write the boundary you need)

If this boundary is violated, I will:

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- -

4. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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- -
- -

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5. Boundary: → (Write the boundary you need) If this boundary is violated, I will: 6. Boundary: → (Write the boundary you need) If this boundary is violated, I will: 7. Boundary: → (Write the boundary you need) If this boundary is violated, I will:

8. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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- -
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9. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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10. Boundary:

→ (Write the boundary you need)

If this boundary is violated, I will:

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- .
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