

# Boundaries List

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Purpose of these boundaries:

→ (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:

→ (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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- -
- -

**5. Boundary:**

→ (Write the boundary you need)

**If this boundary is violated, I will:**

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- -
- -

**6. Boundary:**

→ (Write the boundary you need)

**If this boundary is violated, I will:**

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- -

**7. Boundary:**

→ (Write the boundary you need)

**If this boundary is violated, I will:**

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**8. Boundary:**

→ (Write the boundary you need)

**If this boundary is violated, I will:**

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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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