B	I	N	G	O
Setting boundaries can feel uncomfortable.	Asking for permission or consent	Good Communication	Respect	Mental Boundary
Enforce personal boundaries without guilt	Set clear boundaries	Patience	Comfort	Porous Boundaries
Safety	Time/Energy Boundary	**FREE**	Digital boundary	Honesty
It's ok to adjust my boundaries	Rigid Boundaries	Listen to your gut	Hearing another's boundaries can feel uncomfortable.	Others do not always need to understand my boundaries.
Healthy Boundaries	Emotional boundary	Physical boundary	Use "I feel" statements	Express needs calmly

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B	I	N	G	O
Time/Energy Boundary	Comfort	Respect	Enforce personal boundaries without guilt	Patience
Good Communication	Use "I feel" statements	Mental Boundary	Emotional boundary	Porous Boundaries
It's ok to adjust my boundaries	Digital boundary	**FREE**	Honesty	Asking for permission or consent
Hearing another's boundaries can feel uncomfortable.	Physical boundary	Setting boundaries can feel uncomfortable.	Express needs calmly	Rigid Boundaries
Listen to your gut	Others do not always need to understand my boundaries.	Safety	Set clear boundaries	Healthy Boundaries

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B	I	N	G	O
Emotional boundary	Physical boundary	Comfort	Others do not always need to understand my boundaries.	Digital boundary
Setting boundaries can feel uncomfortable.	It's ok to adjust my boundaries	Listen to your gut	Set clear boundaries	Mental Boundary
Safety	Express needs calmly	**FREE**	Rigid Boundaries	Hearing another's boundaries can feel uncomfortable.
Time/Energy Boundary	Porous Boundaries	Respect	Use "I feel" statements	Good Communication
Honesty	Asking for permission or consent	Patience	Enforce personal boundaries without guilt	Healthy Boundaries

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