

Staying Committed to boundaries	Affirm yourself for having boundaries	Don't be kind at your own expense	Setting boundaries with friends	Peace boundaries
Creating Boundaries	Shows gratitude	Removing people from your life who belittle you.	Appreciating boundaries of others	Setting boundaries with children
Showing appreciation	Staying to sip & chat	FREE	Ask permission to touch	Having boundaries with family members
How can someone touch you	Share Feelings	No judgment when others say no	Have content boundaries	Positive Self-esteem
Good Communication	Believe in setting boundaries	Saying no without guilt	Stop working when work stop	Define who can speak to you in a sexual way and when

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