

Understanding	Acceptance	Family	Shame	Partners-relationships
Defining Boundaries	Trust	Protective Boundaries	Communication	Sadness
Support	Understanding	FREE	Cooperation	Forgiveness
Friends	Short Term	Long-term	Feelings	Patience
Fear	Decisions	Respect	anger	Encouragement

Understanding	Communication	Shame	Defining Boundaries	Protective Boundaries
Family	anger	Partners-relationships	Decisions	Sadness
Friends	Cooperation	FREE	Forgiveness	Acceptance
Feelings	Respect	Understanding	Encouragement	Short Term
Long-term	Patience	Support	Trust	Fear

Decisions	Respect	Communication	Patience	Cooperation
Understanding	Friends	Long-term	Trust	Partners-relationships
Support	Encouragement	FREE	Short Term	Feelings
Understanding	Sadness	Shame	anger	Family
Forgiveness	Acceptance	Protective Boundaries	Defining Boundaries	Fear