Healthy Boundaries

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

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Healthy Boundaries

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

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Healthy Boundaries

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

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