

Healthy Boundaries

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

Healthy Boundaries

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

Healthy Boundaries

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