Healthy Boundaries

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

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Healthy Boundaries

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

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Healthy Boundaries

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

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