

Healthy Boundaries

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

Healthy Boundaries

Verbal Boundaries	anger	Communication	Patience	Defining Boundaries
Shame	Long-term	Fear	Protective Boundaries	Cooperation
Friends	Acceptance	FREE	Feelings	Sadness
Family	Understanding	Encouragement	Social Boundaries	Decisions
Processing	Forgiveness	Support	Respect	Trust

Healthy Boundaries

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