

Healthy Boundaries

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

Healthy Boundaries

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

Healthy Boundaries

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