

|                                         |                              |                                |                        |                                             |
|-----------------------------------------|------------------------------|--------------------------------|------------------------|---------------------------------------------|
| <b>B</b>                                | <b>I</b>                     | <b>N</b>                       | <b>G</b>               | <b>O</b>                                    |
| What is Personal Space?                 | Be Assertive                 | Healthy Boundaries             | Sexual                 | Name someone who has crossed your boundary? |
| Enforcing Boundaries                    | UnHealthy Boundaries         | Power of Appreciation          | Crossing Boundaries    | Setting Good Examples                       |
| Time Boundaries                         | What is Respectful Behavior? | <b>FREE</b>                    | Define YOUR Boundaries | Mental                                      |
| Mindful of others                       | Spiritual                    | Misconception about Boundaries | Material               | Physical                                    |
| How would you set boundaries with kids? | Emotional                    | Setting Boundaries             | What is a Boundary?    | Guilt and Resentment                        |

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|--------------------------------|------------------------|---------------------------------------------|----------------------|-----------------------------------------|
| <b>B</b>                       | <b>I</b>               | <b>N</b>                                    | <b>G</b>             | <b>O</b>                                |
| What is Respectful Behavior?   | Crossing Boundaries    | <b>Sexual</b>                               | Enforcing Boundaries | Power of Appreciation                   |
| Healthy Boundaries             | What is a Boundary?    | Name someone who has crossed your boundary? | Emotional            | Setting Good Examples                   |
| Mindful of others              | Define YOUR Boundaries | <b>FREE</b>                                 | Mental               | Be Assertive                            |
| Material                       | Setting Boundaries     | What is Personal Space?                     | Guilt and Resentment | Spiritual                               |
| Misconception about Boundaries | <b>Physical</b>        | Time Boundaries                             | UnHealthy Boundaries | How would you set boundaries with kids? |

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|------------------------------|-----------------------|--------------------------------|----------------------|---------------------------------------------|
| <b>B</b>                     | <b>I</b>              | <b>N</b>                       | <b>G</b>             | <b>O</b>                                    |
| Emotional                    | Setting Boundaries    | Crossing Boundaries            | Physical             | Define YOUR Boundaries                      |
| What is Personal Space?      | Mindful of others     | Misconception about Boundaries | UnHealthy Boundaries | Name someone who has crossed your boundary? |
| Time Boundaries              | Guilt and Resentment  | <b>FREE</b>                    | Spiritual            | Material                                    |
| What is Respectful Behavior? | Setting Good Examples | Sexual                         | What is a Boundary?  | Healthy Boundaries                          |
| Mental                       | Be Assertive          | Power of Appreciation          | Enforcing Boundaries | How would you set boundaries with kids?     |