

Individual Boundaries

Identity, Integrity, and Self-Esteem Require
Good Boundary Skills.

Physical

All People's Bodies
Belong to Themselves,
Always

Touching a
Person's
Property is
Invading
Their Body

Intellectual

All People Make
Sense All the
Time

There Are As
Many Realities
As People
Present

"You don't make sense"
Means
"I don't see the sense
That you are making."

"You don't make sense"
Means
"I don't like the sense
That you are making."

"You don't make sense"
Means
"You don't make
My sense."

Emotional

All Feelings Are
Valid, Always

No One Can
Make Anyone
Feel Anything

Spiritual

All People Are
Equal before God
-
No One is Better

All People Are
Equally Human
-
Everyone Makes
Mistakes

Time

All People Own
Their Own Speed
In Living Life

All People
Listen,
Make decisions,
Answer questions,
At their speed.

Most Boundary Skills Involve Skillful Use of
Anger: Signaling or Leaving
The one who can leave has all the power.

All Boundary Skills are
Defensive

**ONLY YOU
CAN PROTECT
YOUR
BOUNDARIES**

**YOUR
BOUNDARIES
ARE INVADED BY
OTHERS ONLY
BY YOUR
PERMISSION**