

Boundaries eCourse

Setting Firmer Boundaries & Forgiving - Notes

Fill in the Blanks:

The saying "hurt people hurt people" means when others mistreat us, it is often because they are trying to [redacted] themselves.

When I feel betrayed, I can [redacted] my hurt and ask for a [redacted] from the other person.

People usually don't intend to put their [redacted] onto us, but it happens frequently - often without either of us noticing it.

When there's a perpetual [redacted] of my hurt or a [redacted] lack of acknowledgment of responsibility from the other person, I might need to set a [redacted] boundary.

Forgiveness happens when we take the weight of our feelings and thoughts and [redacted] to [redacted] [redacted] of them inside ourselves.

I can't make another person apologize but I can still experience [redacted] from heavy, damaging, destructive emotions inside myself.



Aaron Potratz, LPC