

Boundaries eCourse

Overview - Notes

Fill in the Blanks:

Boundaries give [redacted] and a [redacted] to life, telling us what will happen if a line gets crossed.

Boundaries are like [redacted] that keep us from falling off a cliff (crossing a line).

Boundaries help us to be responsible [redacted] so that we can be responsible [redacted] in relationships.

Boundaries are NOT:

*a way of [redacted] others,

*controlling a situation to get a certain [redacted]

*a way of [redacted] others

I am responsible [redacted] myself and [redacted] others.



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