

# Boundaries eCourse

## Not Taking Responsibility for Others' Emotions Notes

Fill in the Blanks:

Another person's [ ] may be an attempt to shift [ ] onto me in order to make them feel [ ]. The truth is, they may feel better in the MOMENT but it makes things [ ].

It is unhealthy to (and I cannot) try to use my [ ] to help another person feel [ ] because it doesn't deal with the actual [ ].

[ ] someone's emotions, thoughts, or actions is one way I can be responsible [ ] others.



Aaron Potratz, LPC