

# Boundaries eCourse

## Expecting Others To Be Responsible - Notes

### Fill in the Blanks:

To be responsible for myself in a negative interaction with someone else, I need to be aware of what I'm [ ] and take [ ] action to address it.

Q: In a negative interaction, instead of rushing to judgment or taking a defensive or reactive action, what can you ask the other person?

A: [ ]

If you're prone to feeling [ ], it can cause you to take on the [ ] and [ ] from another person.

I can be sensitive and [ ] toward others while not taking [ ] for their thoughts, emotions, and actions.



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