



NEW BEGINNINGS
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BOUNDARIES

CATEGORIES

- PERSONAL
- EMOTIONAL
- MENTAL
- MATERIAL
- PHYSICAL
- SPIRITUAL

SUBCATEGORIES

- Body/Skin/Touching
- Words
- Truth/Honesty
- Geographical Distance
- Emotional Distance
- Time
- Other people
- Consequences/Outcomes

WHAT IS WITHIN MY BOUNDARIES?

- Feelings
- Attitude
- Beliefs
- Values
- Behaviors
- Thoughts
- Choices
- Limitations
- Ability
- Effort
- Love
- Desires
- Responsibility
- Accountability