

Boundaries vs. Walls



"Fear builds wall; love honors boundaries." - Kacey Cardin

In box #1: write a list of Red Flags that let you know you've compromised your boundaries (I get cranky, I withdraw, I'm overwhelmed, etc).

In box #2, write a list of walls you put up to protect your boundaries. (I stop answering texts, I blow up in anger at someone I love, I give the cold shoulder, etc.)

In box #3: My boundaries are: (No working past 6pm, no work on weekends, I don't spend time with people who..., I get at least 7 hours of sleep, etc.)

In box #4, statements that declare your boundaries. (I have a right to a good night's sleep. I have a right to work/life balance. I have a right to be spoken to with kindness., etc.)

Red flags:

Walls:

Boundaries:

**Declarations:
I have a right to....**

