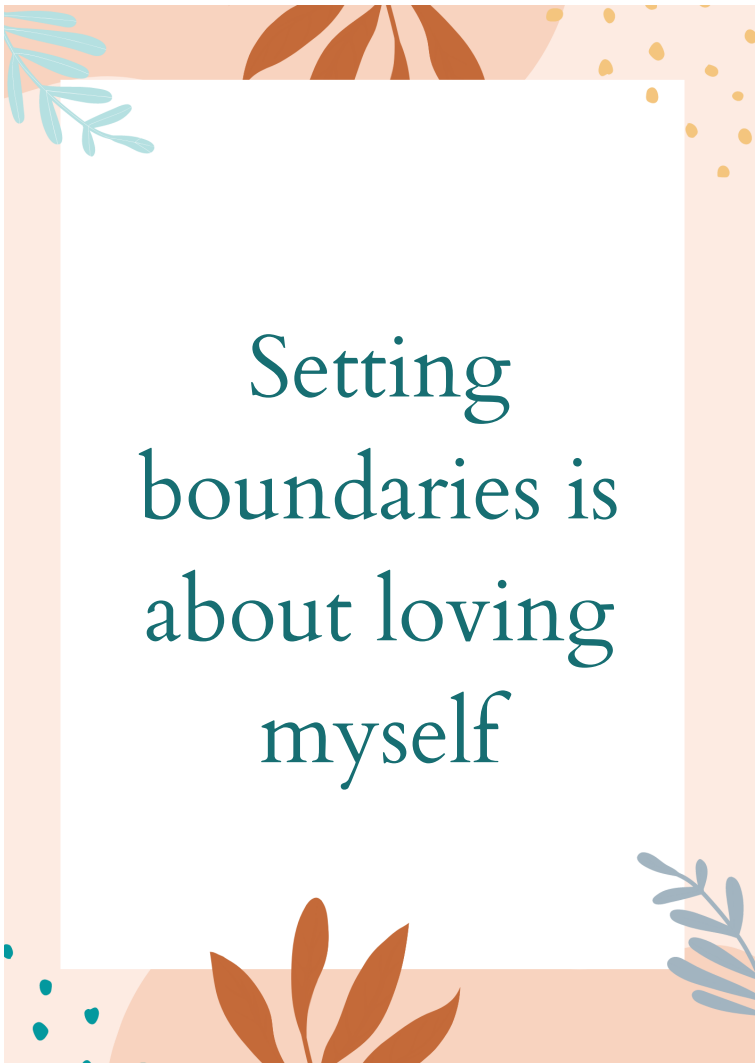
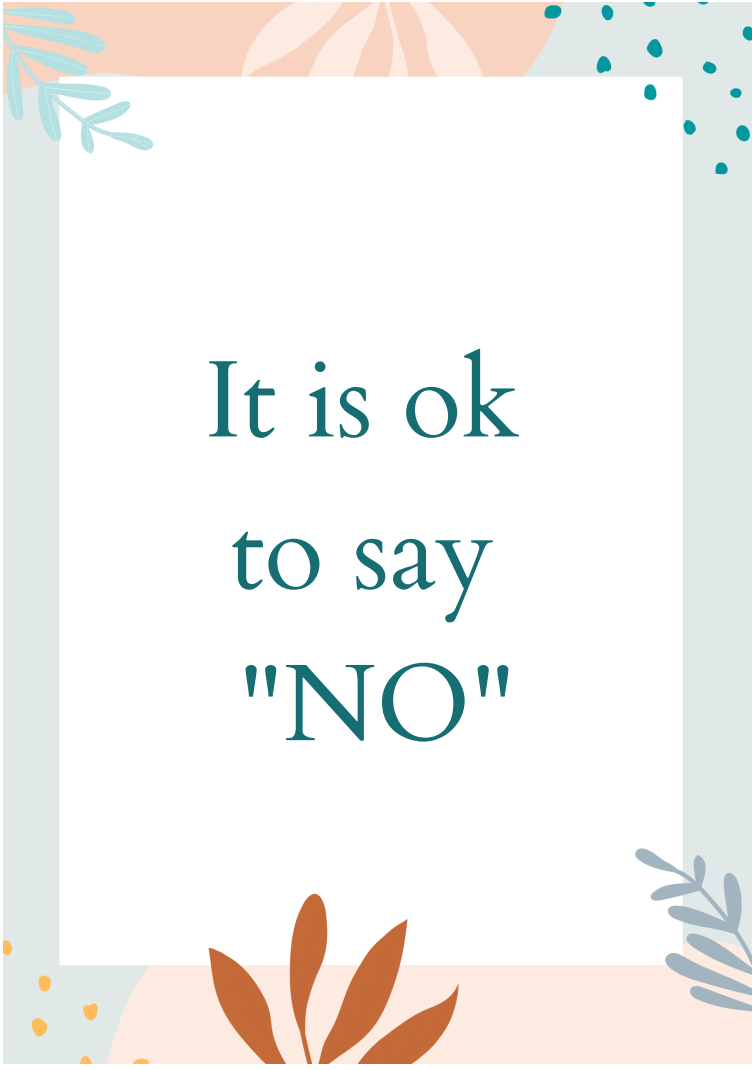



It is not up
to me to fix
others




Setting
boundaries is
about loving
myself



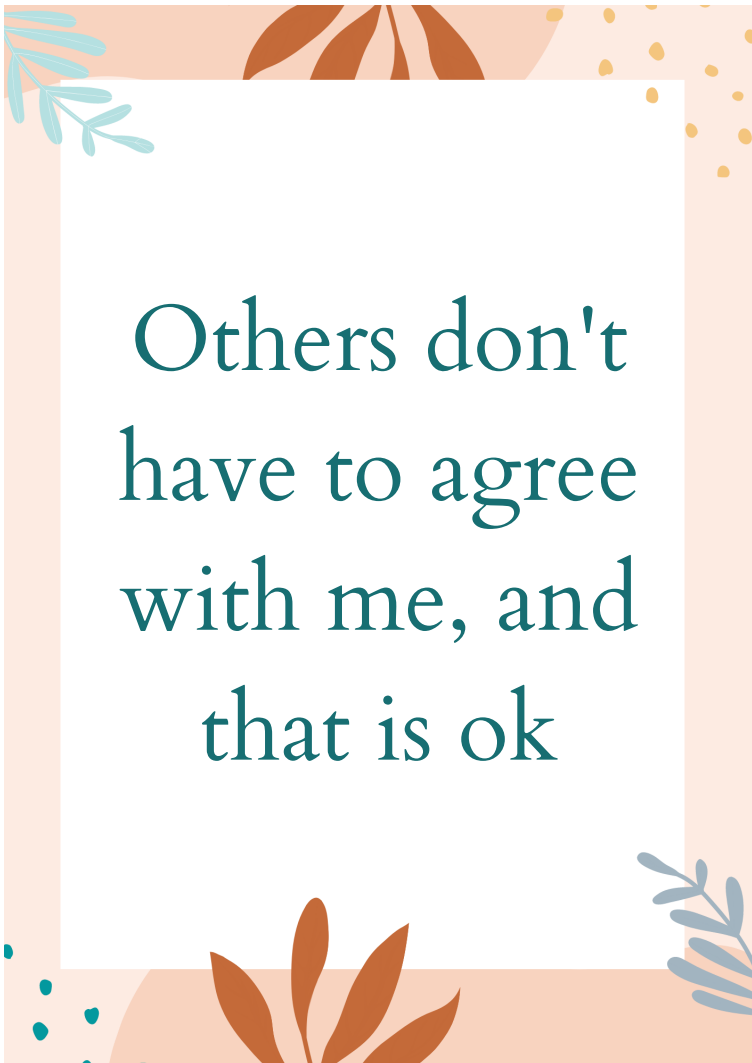
It is ok
to say
"NO"



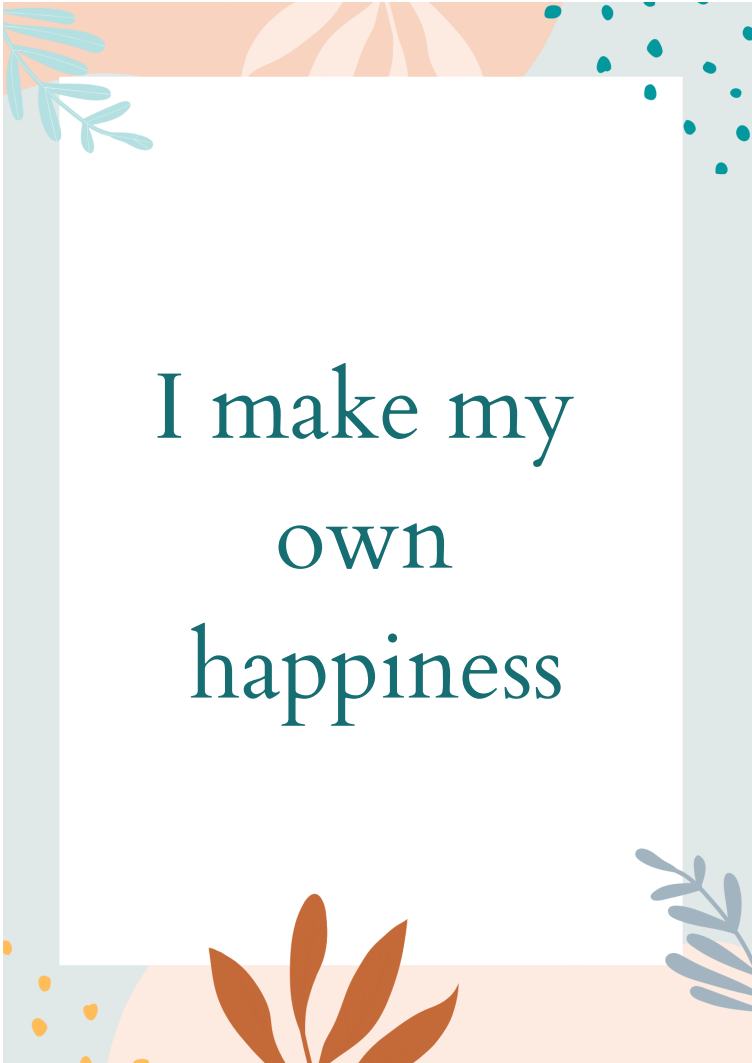
It's ok to put
myself
first



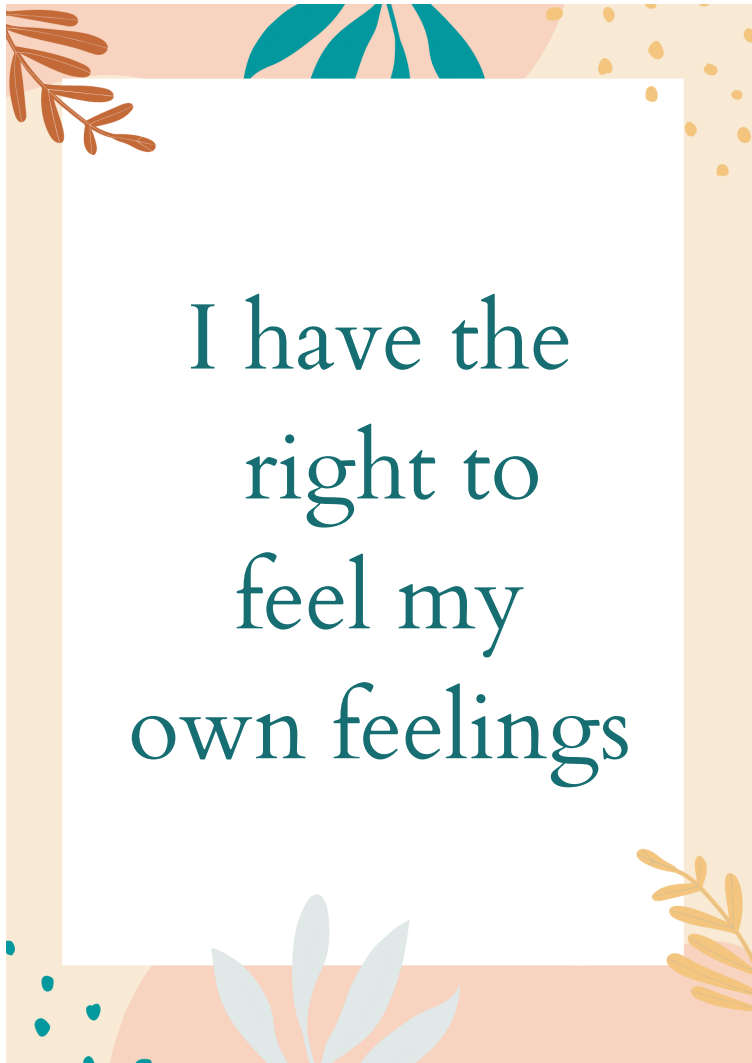
I do not
need to take
responsibility
for others



Others don't
have to agree
with me, and
that is ok



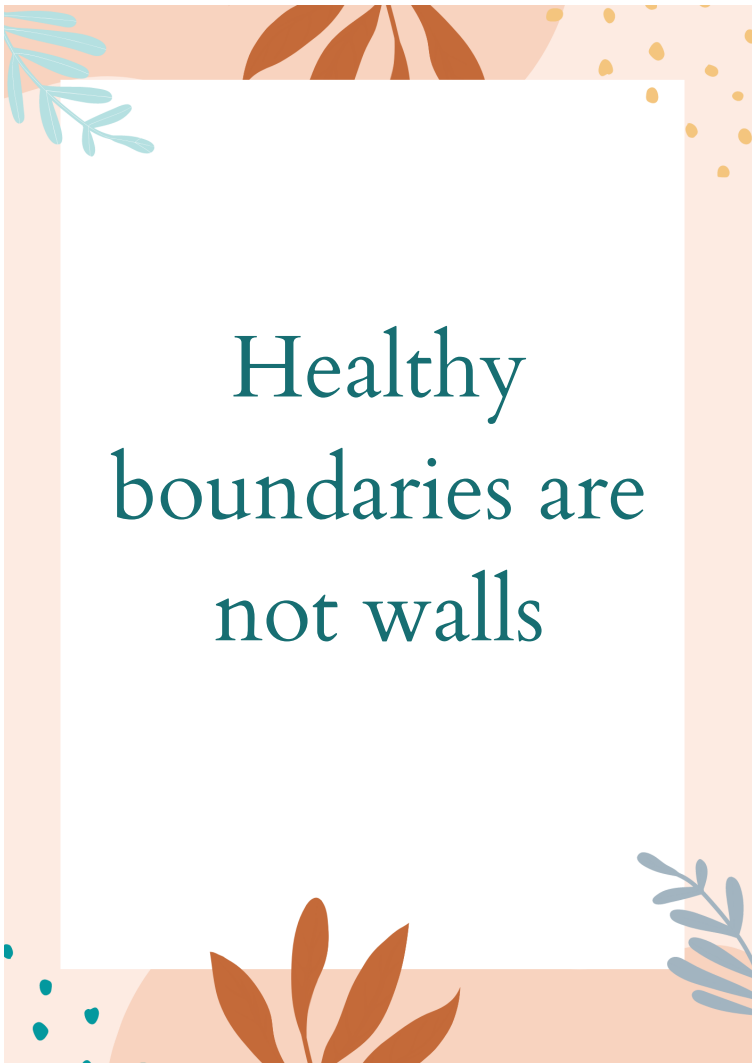
I make my
own
happiness



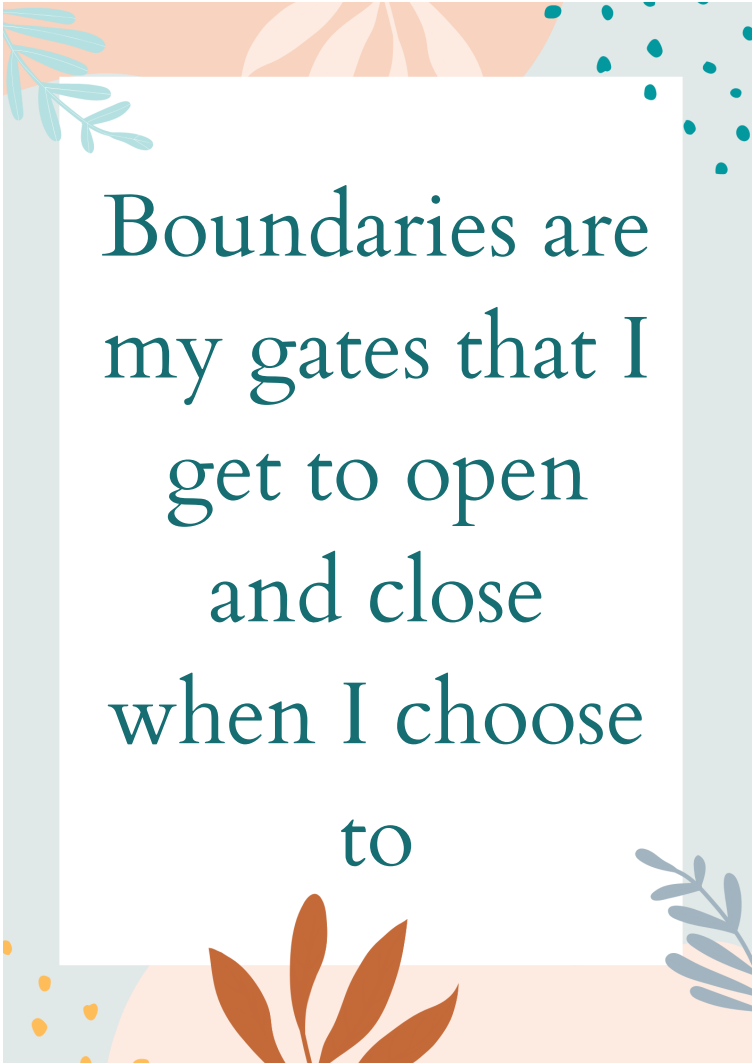
I have the
right to
feel my
own feelings



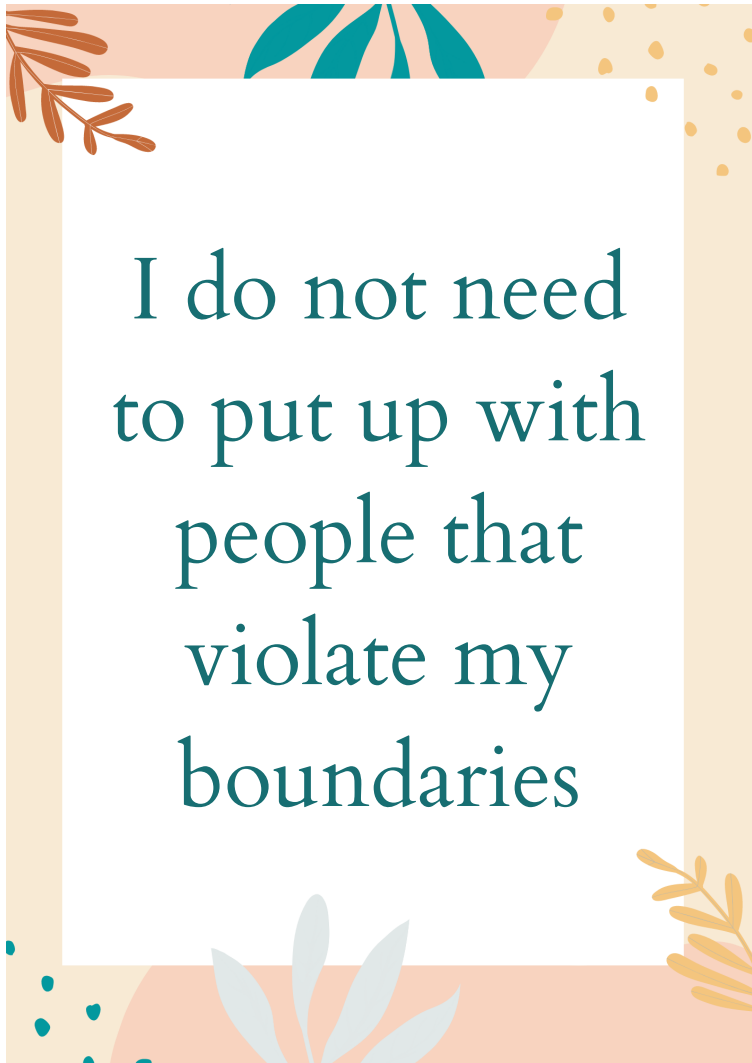
I do not
need to
apologize
for being me



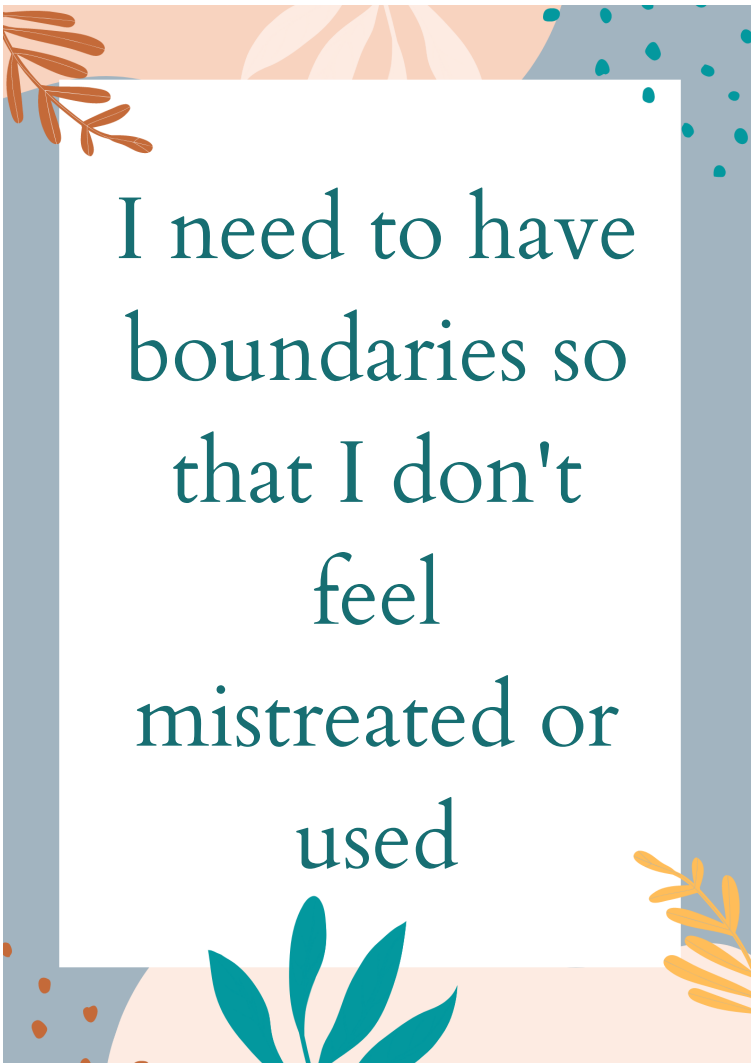
Healthy
boundaries are
not walls



Boundaries are
my gates that I
get to open
and close
when I choose
to



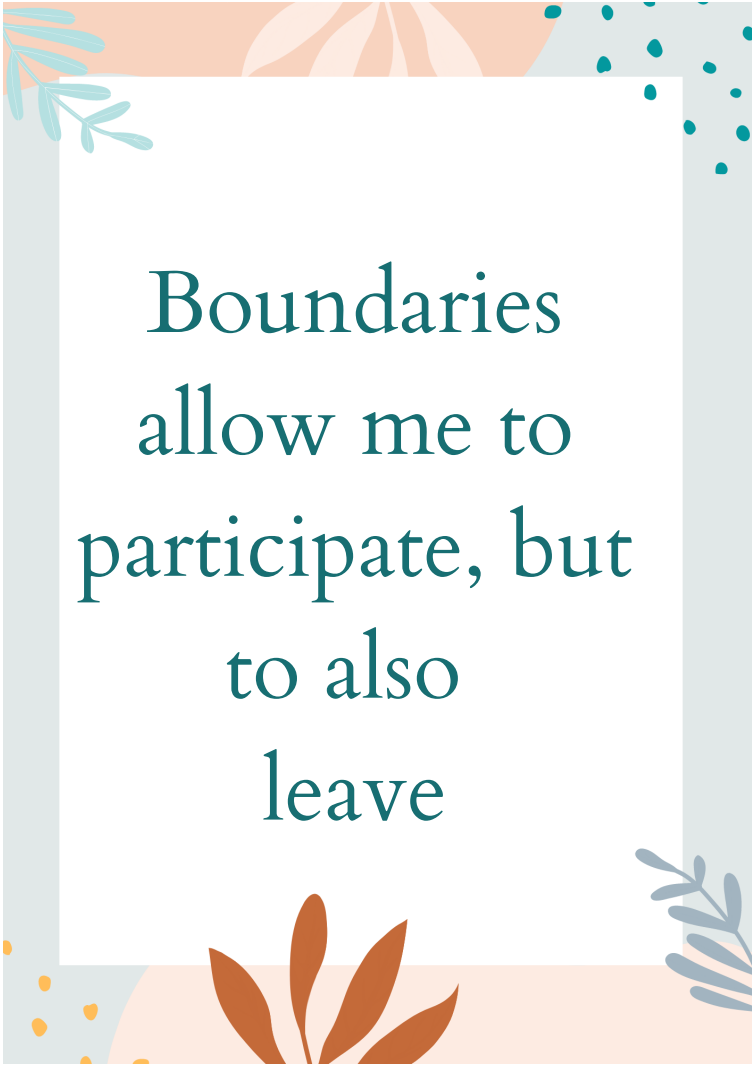
I do not need
to put up with
people that
violate my
boundaries



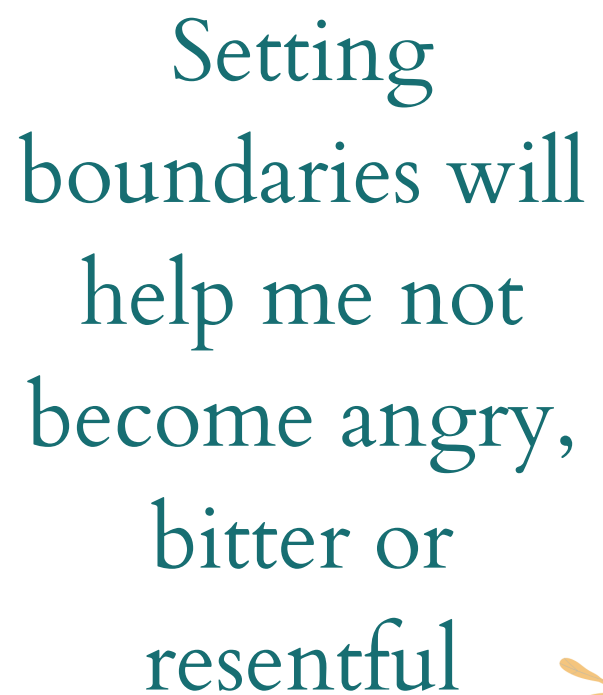
I need to have
boundaries so
that I don't
feel
mistreated or
used



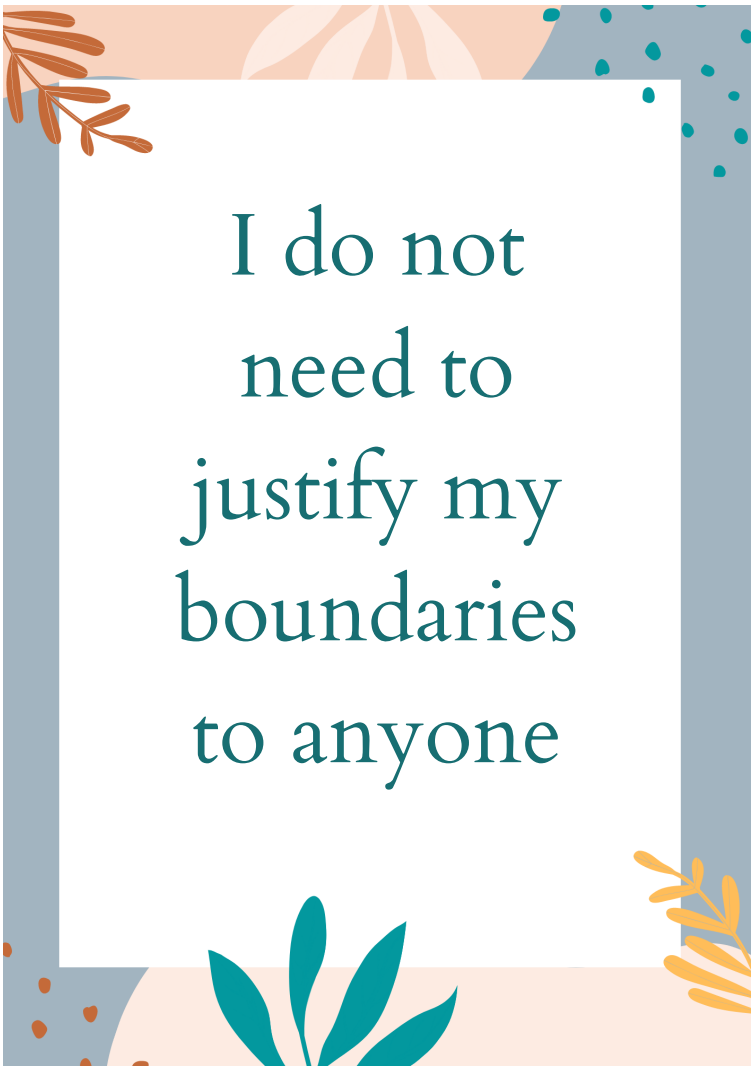
It's ok to make
people
accountable
for their
actions



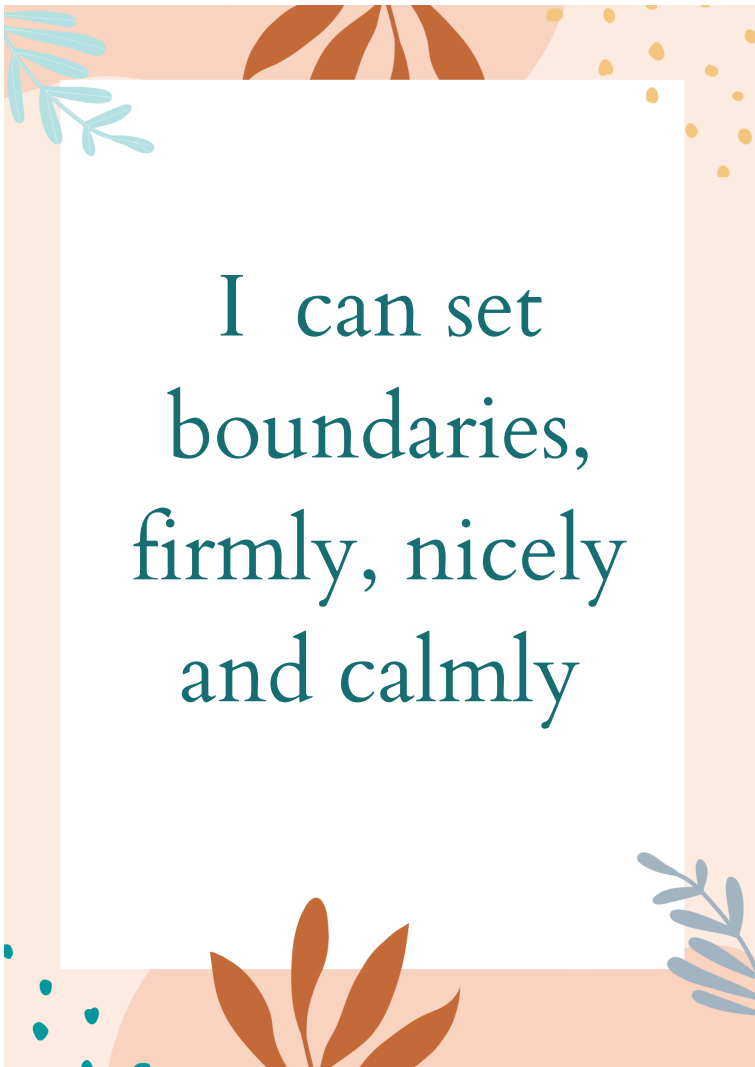
Boundaries
allow me to
participate, but
to also
leave



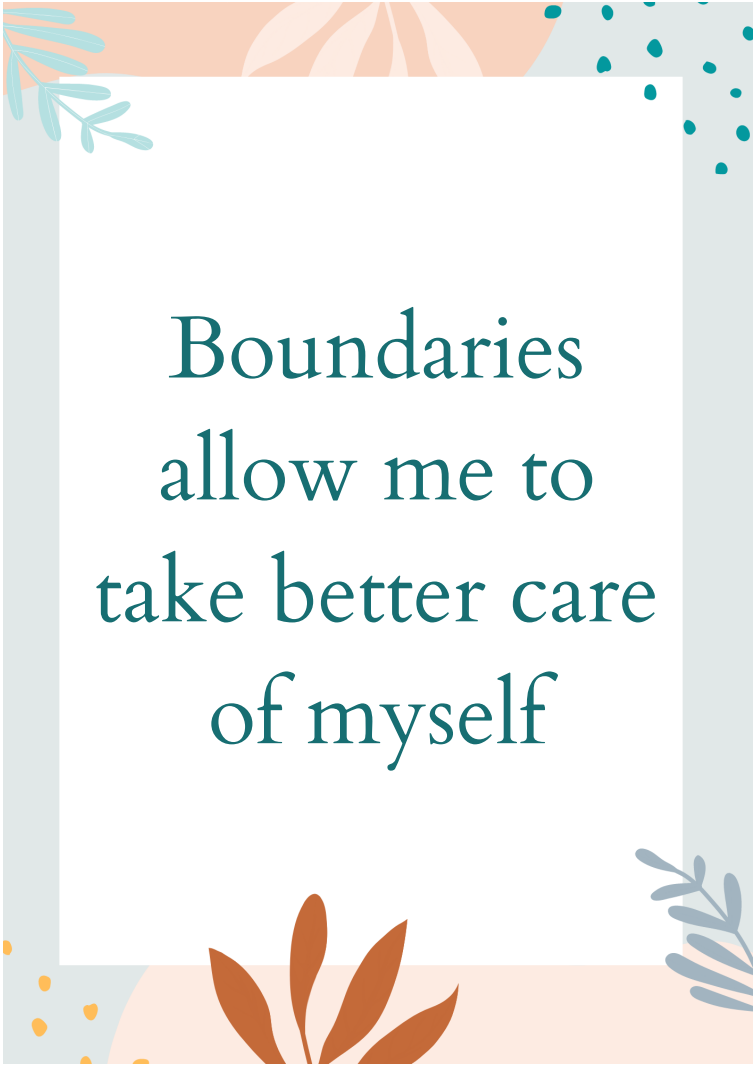
Setting
boundaries will
help me not
become angry,
bitter or
resentful



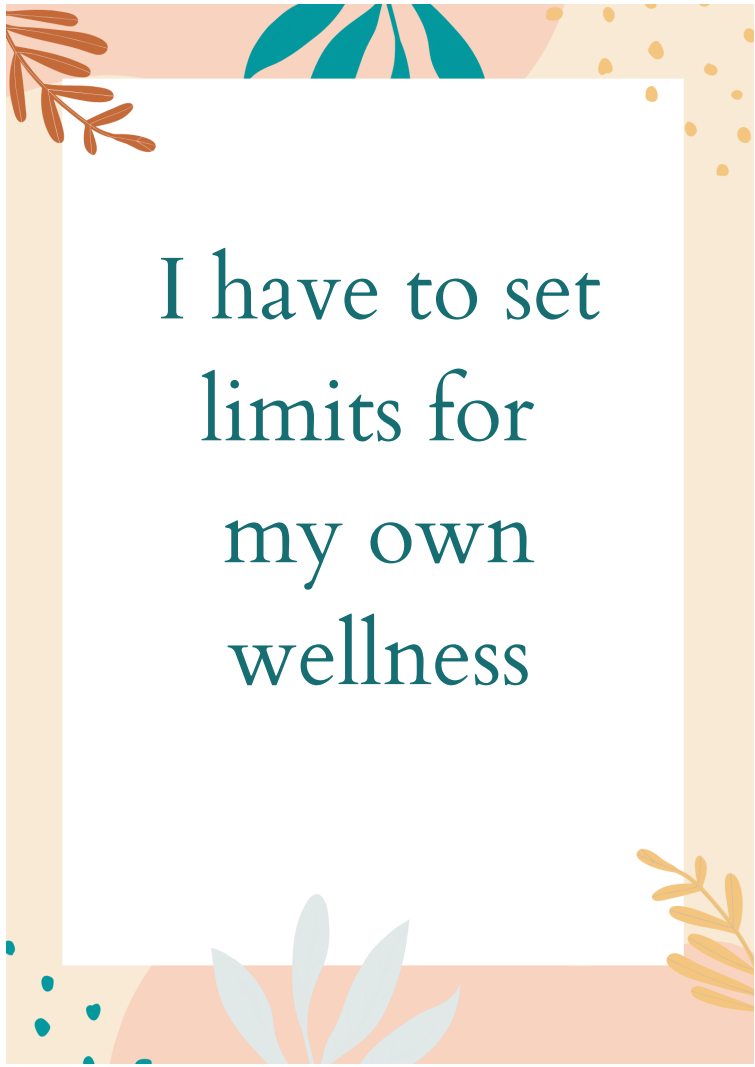
I do not
need to
justify my
boundaries
to anyone



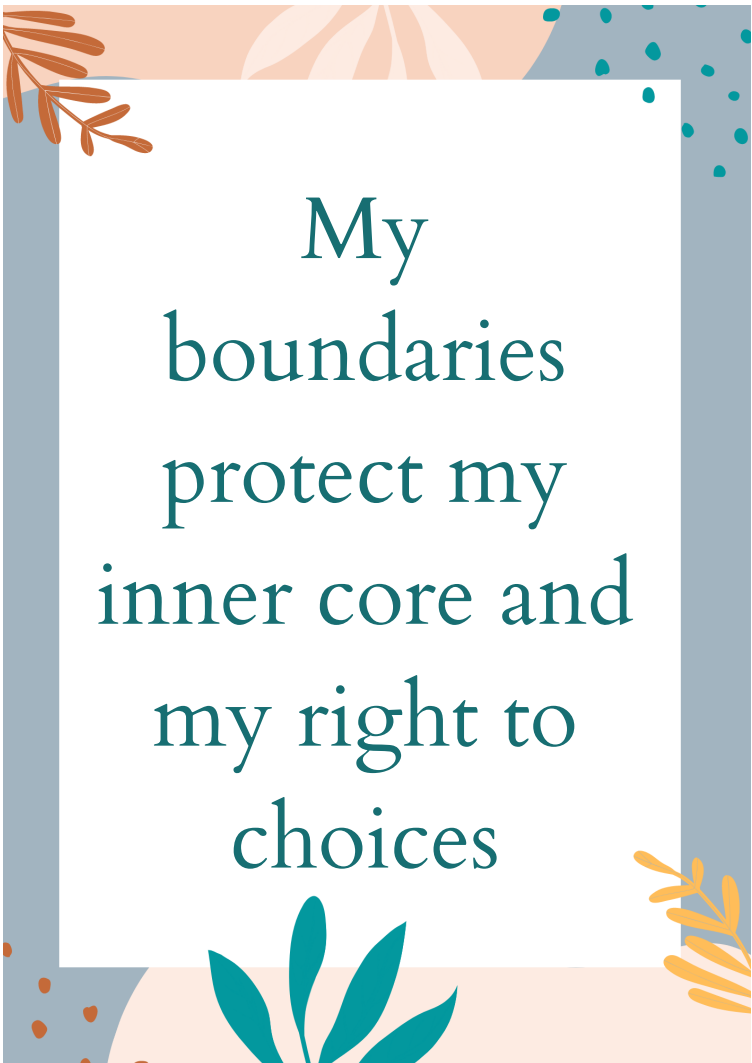
I can set
boundaries,
firmly, nicely
and calmly



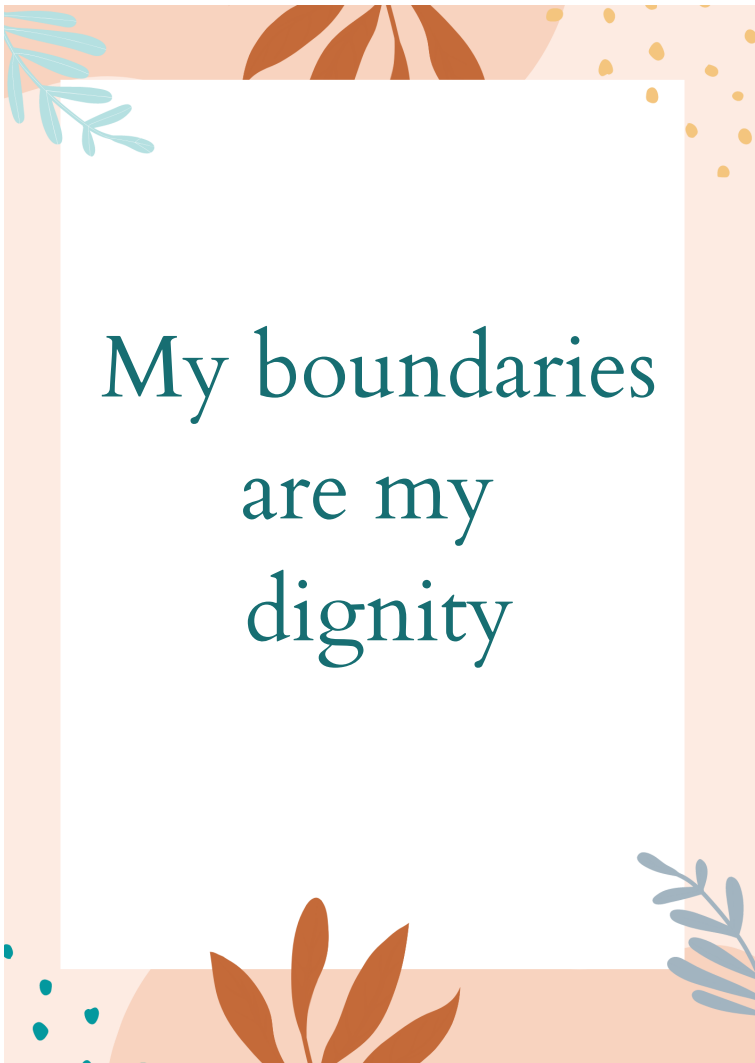
Boundaries
allow me to
take better care
of myself



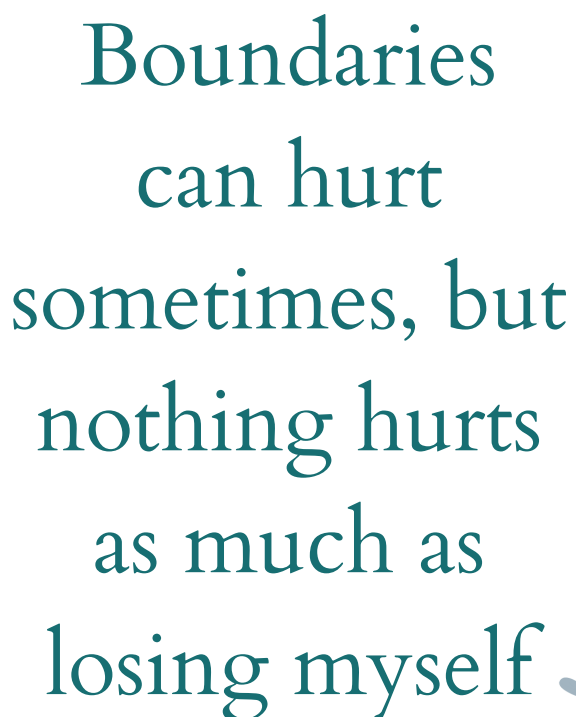
I have to set
limits for
my own
wellness



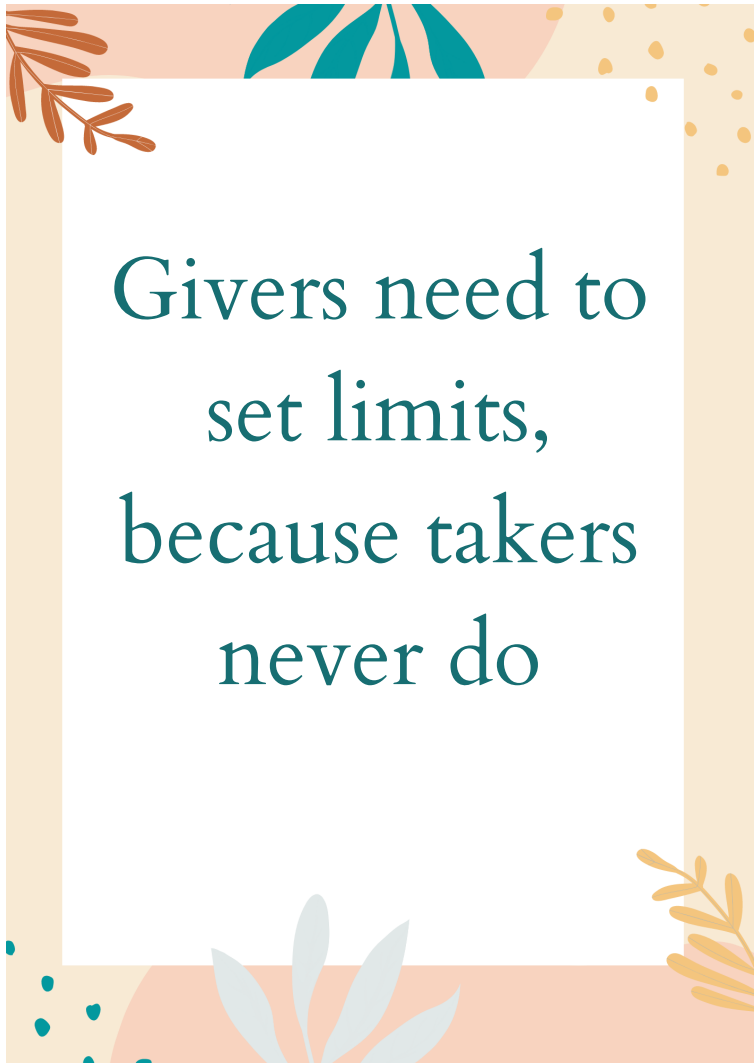
My
boundaries
protect my
inner core and
my right to
choices



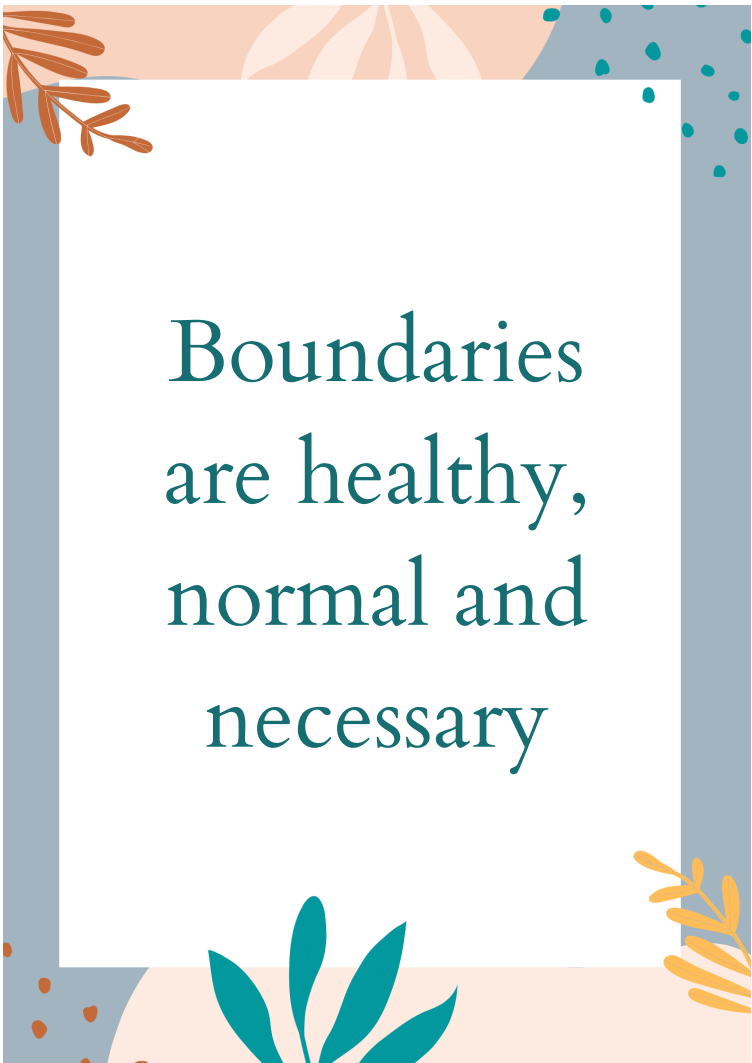
My boundaries
are my
dignity



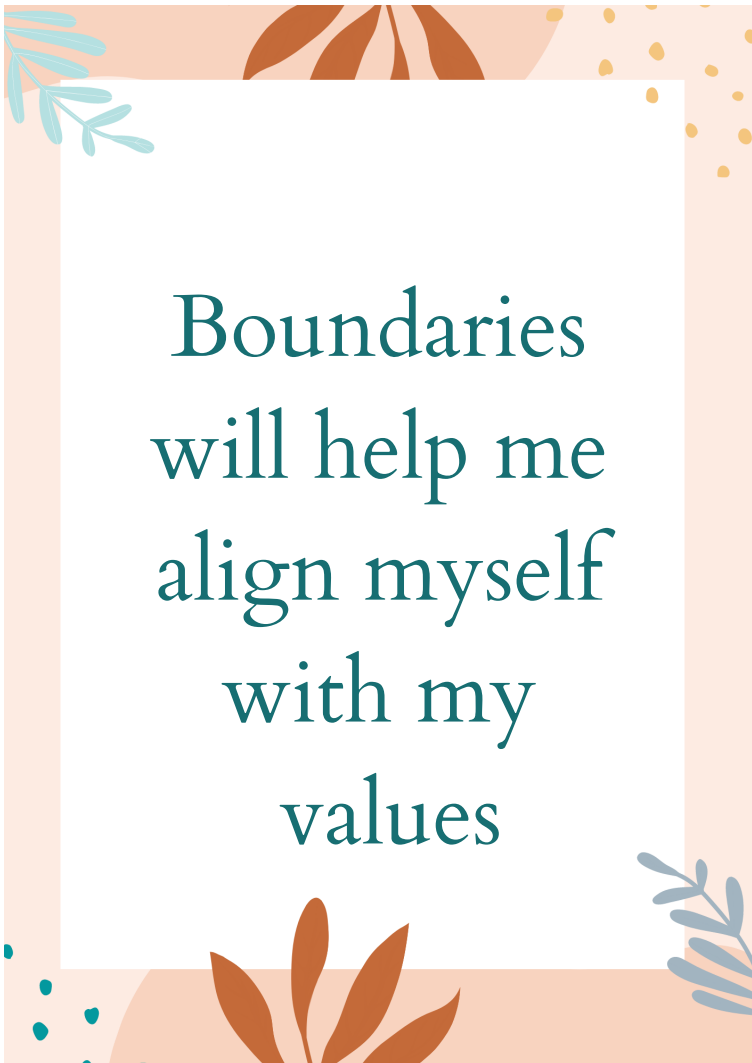
Boundaries
can hurt
sometimes, but
nothing hurts
as much as
losing myself



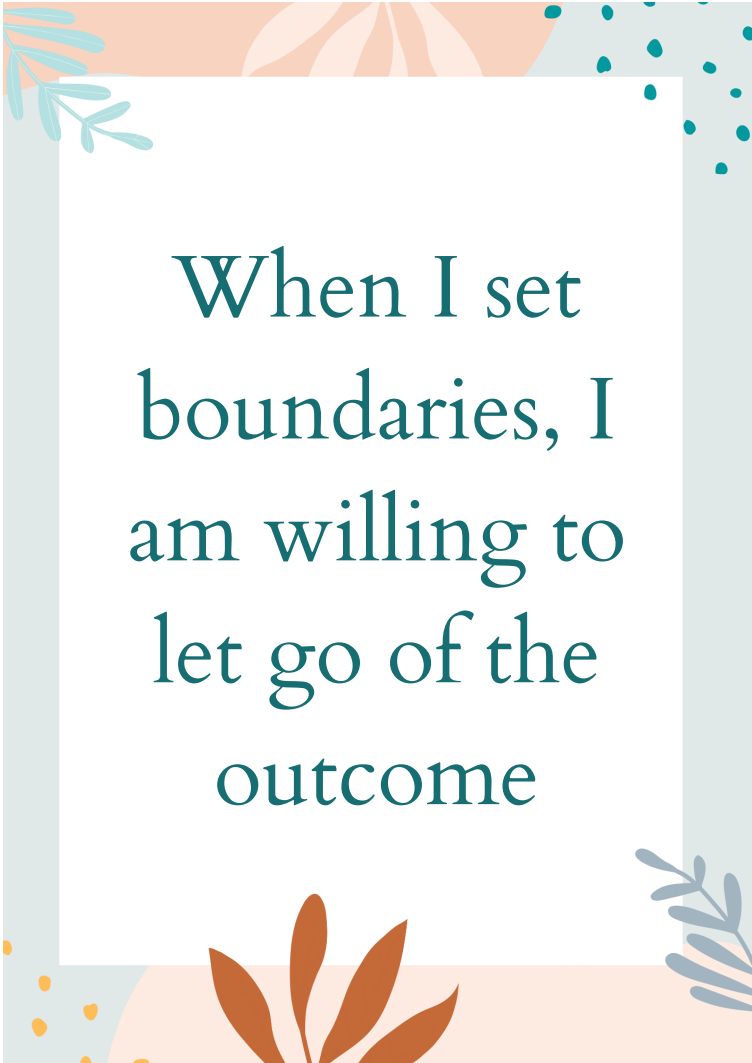
Givers need to
set limits,
because takers
never do



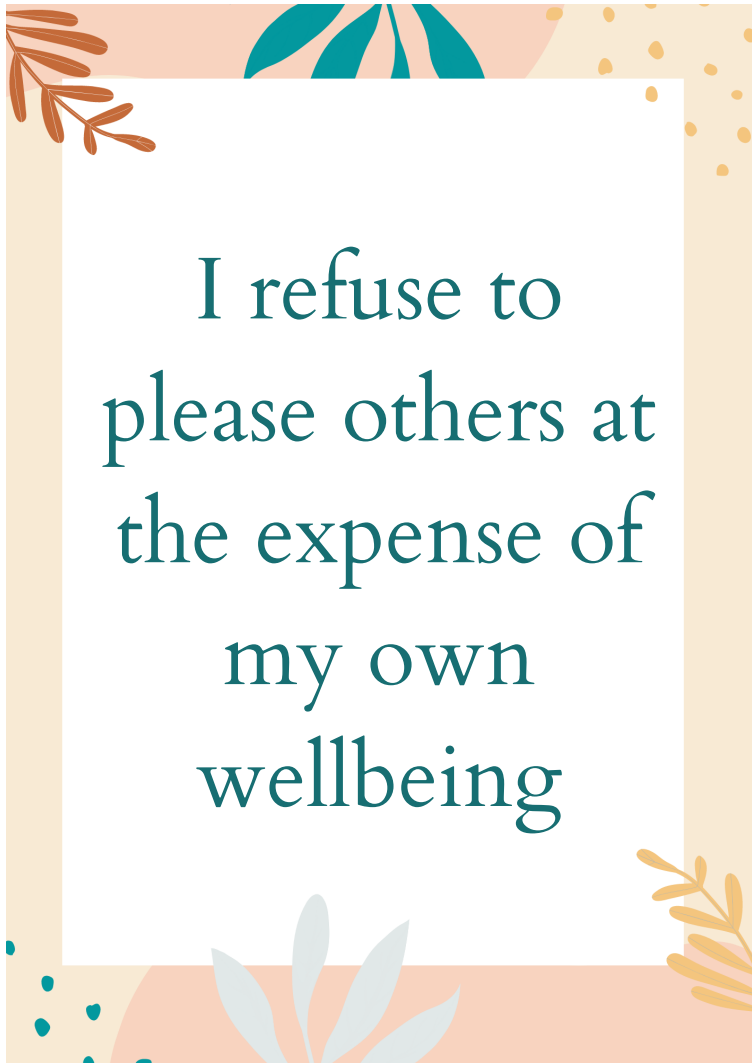
Boundaries
are healthy,
normal and
necessary



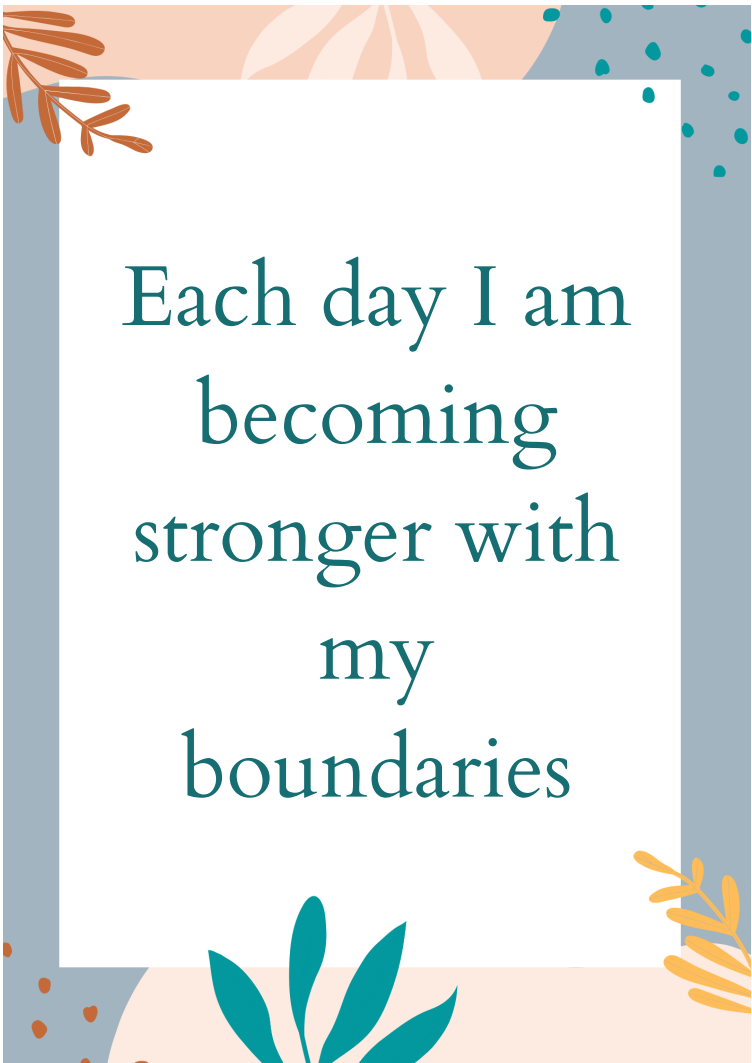
Boundaries
will help me
align myself
with my
values



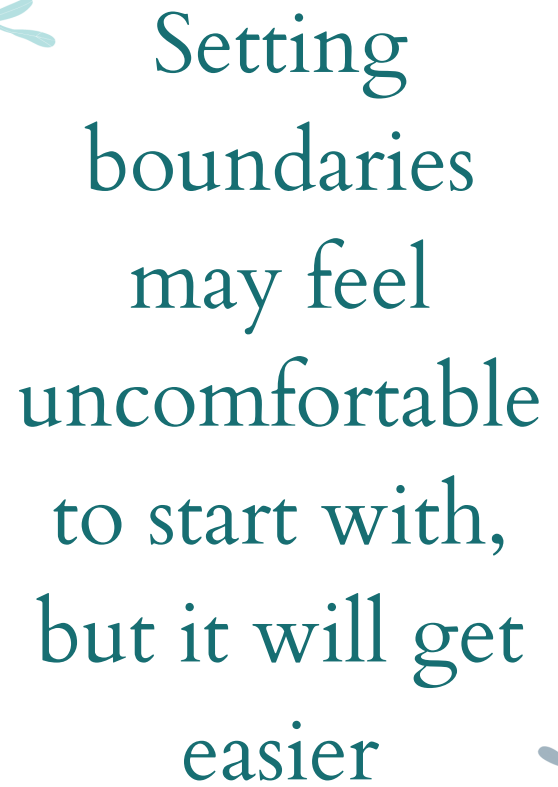
When I set
boundaries, I
am willing to
let go of the
outcome



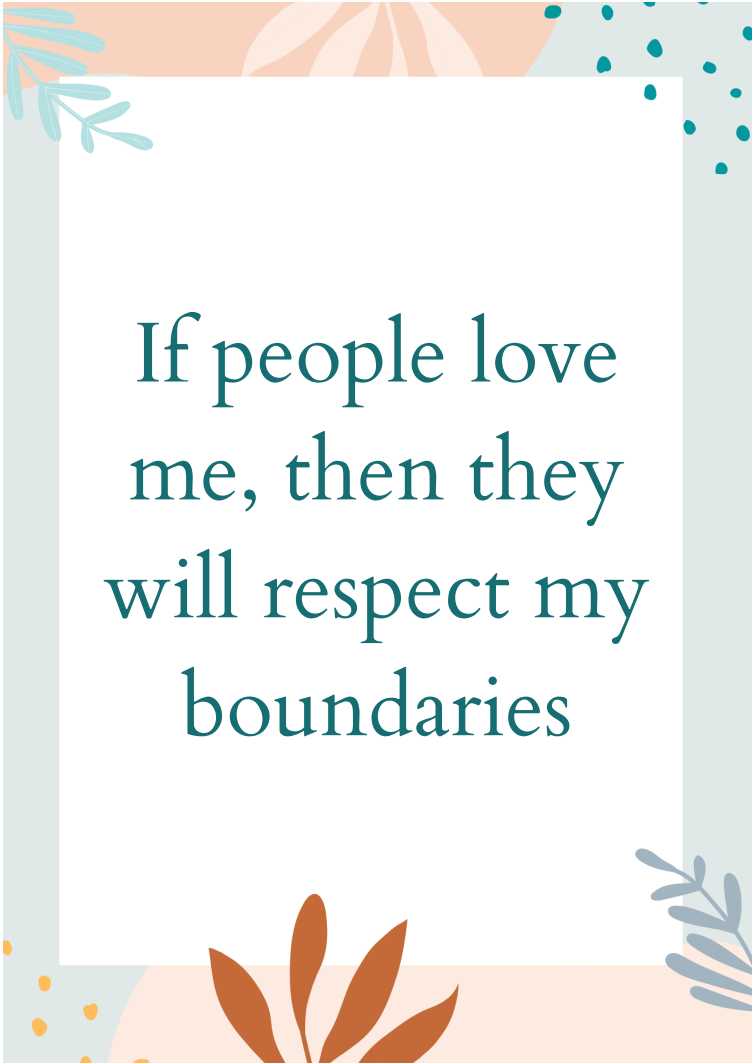
I refuse to
please others at
the expense of
my own
wellbeing



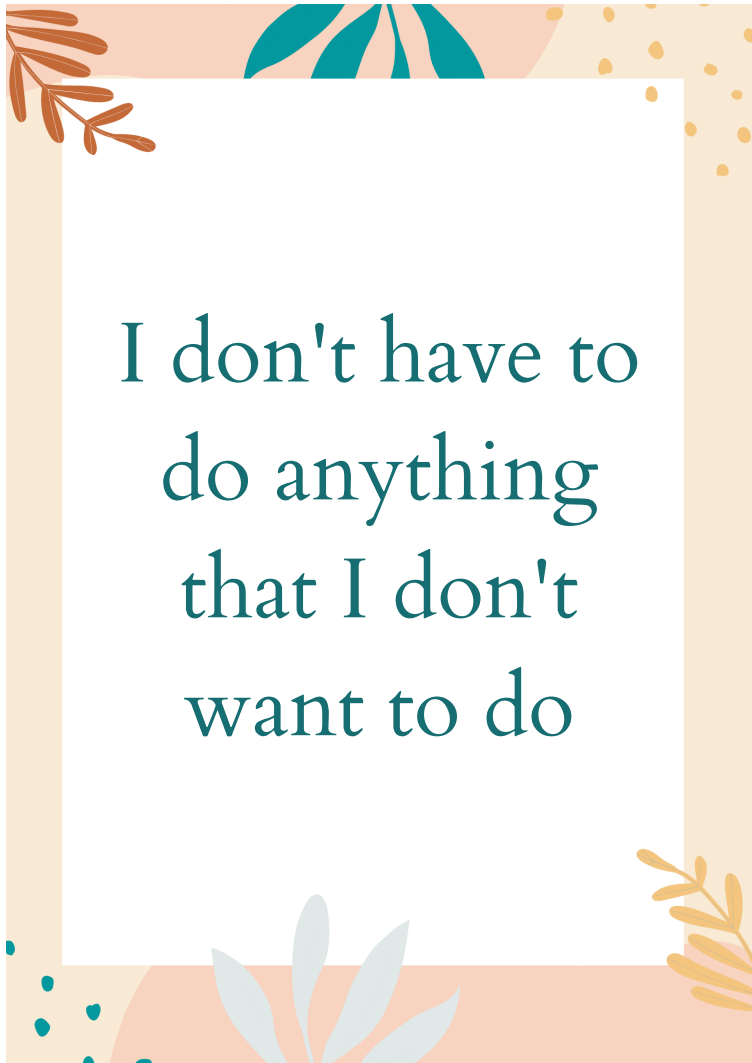
Each day I am
becoming
stronger with
my
boundaries




Setting
boundaries
may feel
uncomfortable
to start with,
but it will get
easier



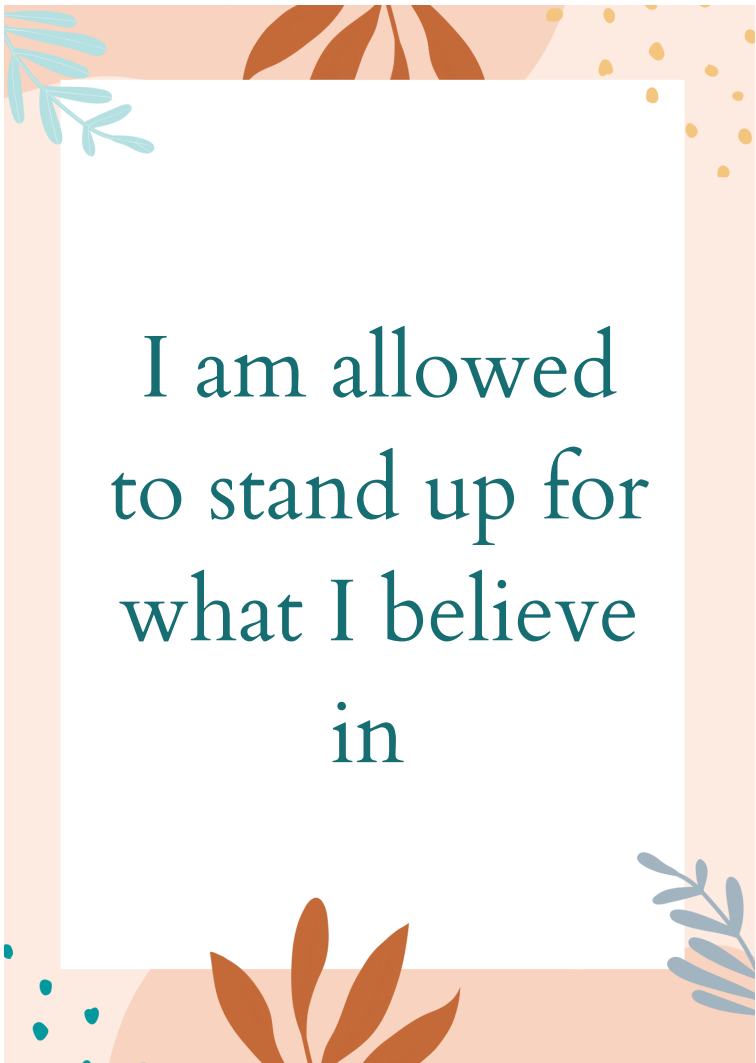
If people love
me, then they
will respect my
boundaries



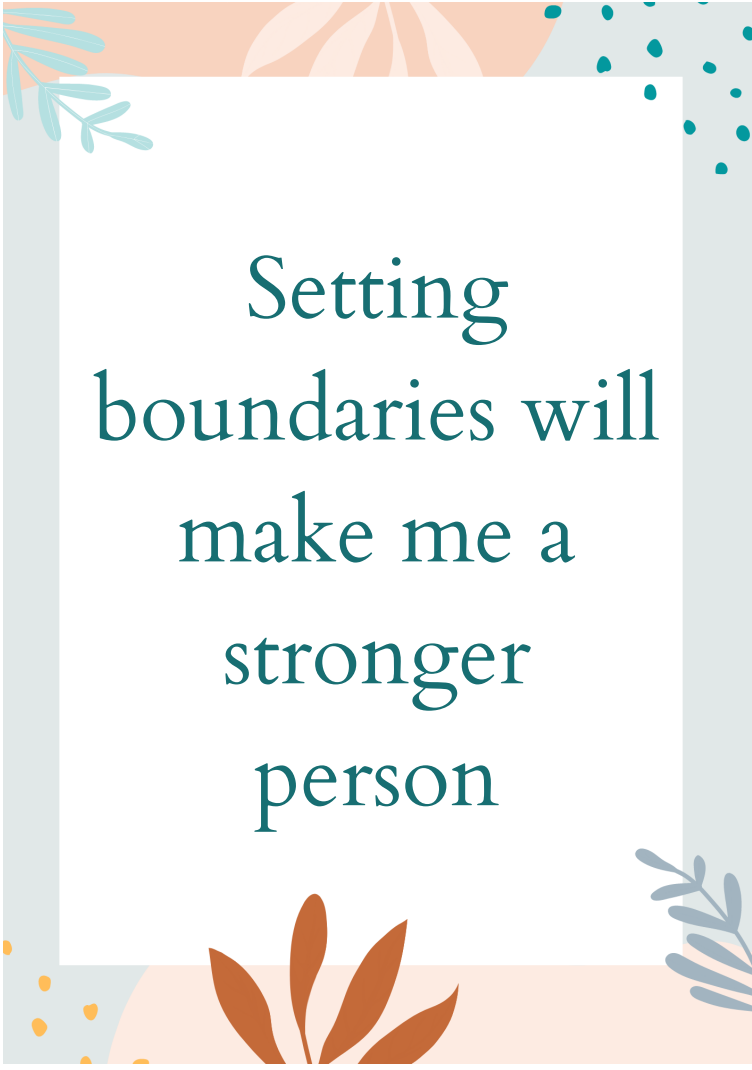
I don't have to
do anything
that I don't
want to do



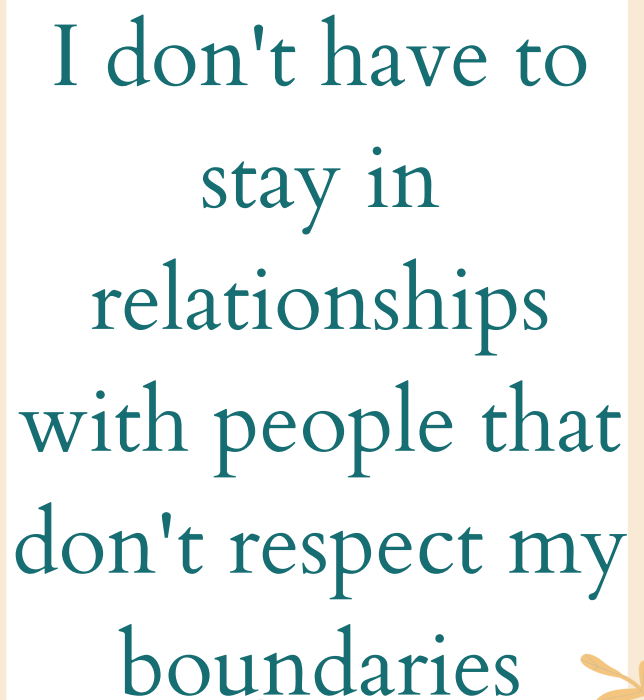
I can respect
the feelings of
others and
still honor my
own



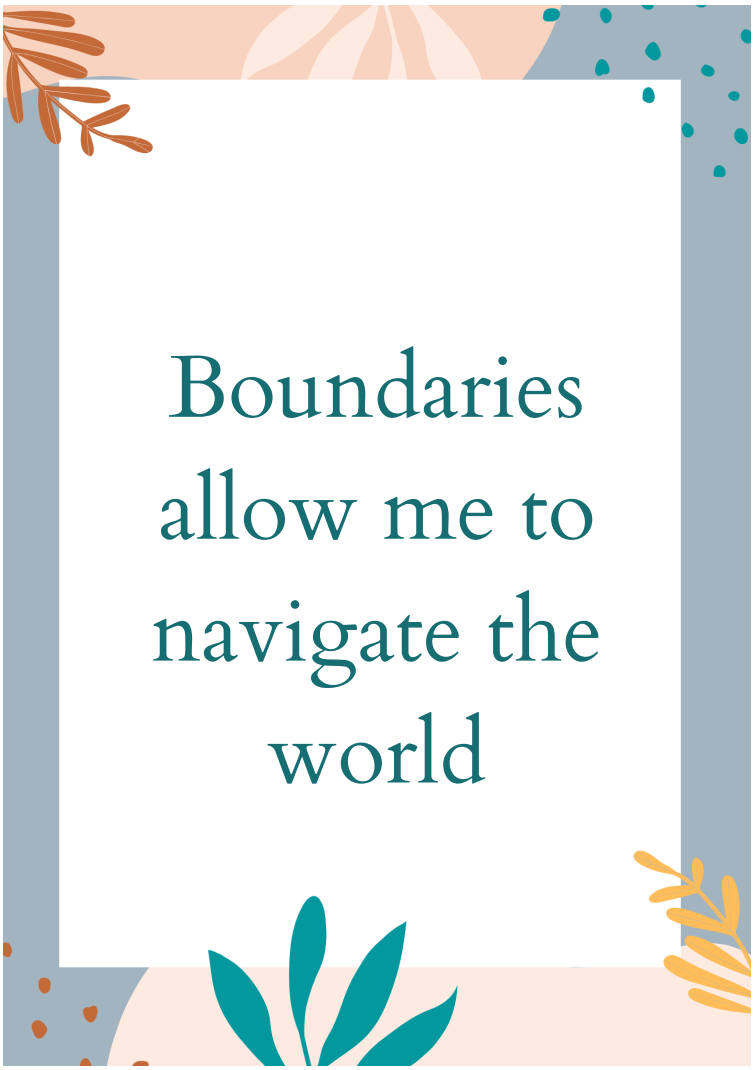
I am allowed
to stand up for
what I believe
in




Setting
boundaries will
make me a
stronger
person



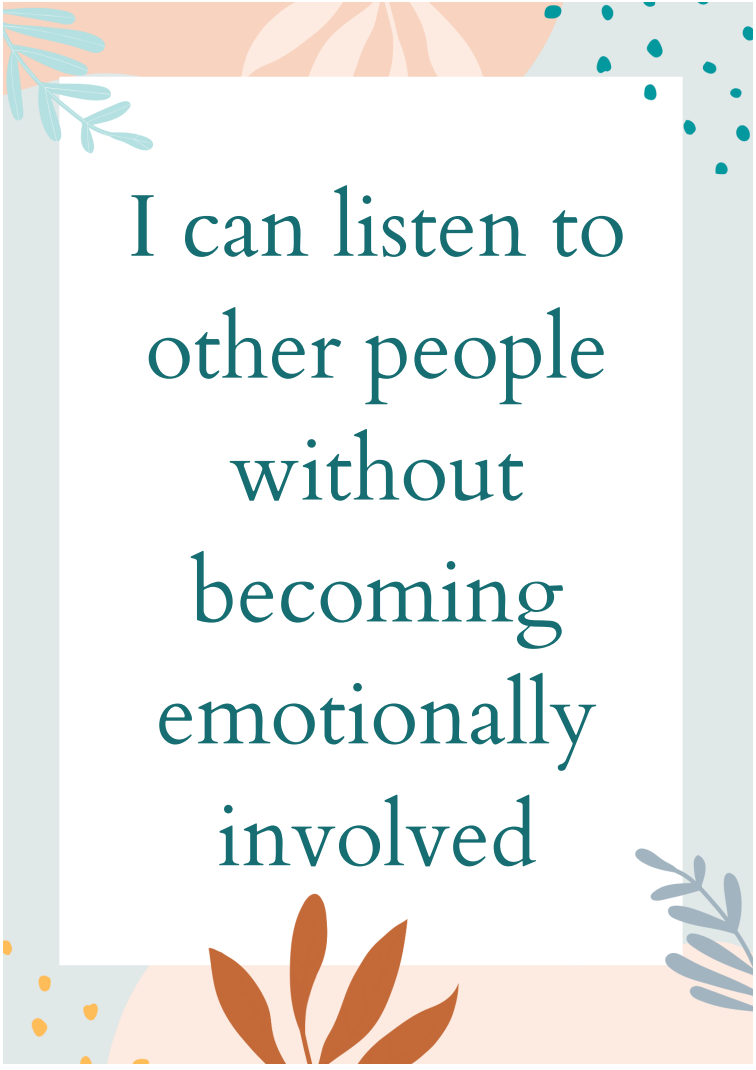
I don't have to
stay in
relationships
with people that
don't respect my
boundaries



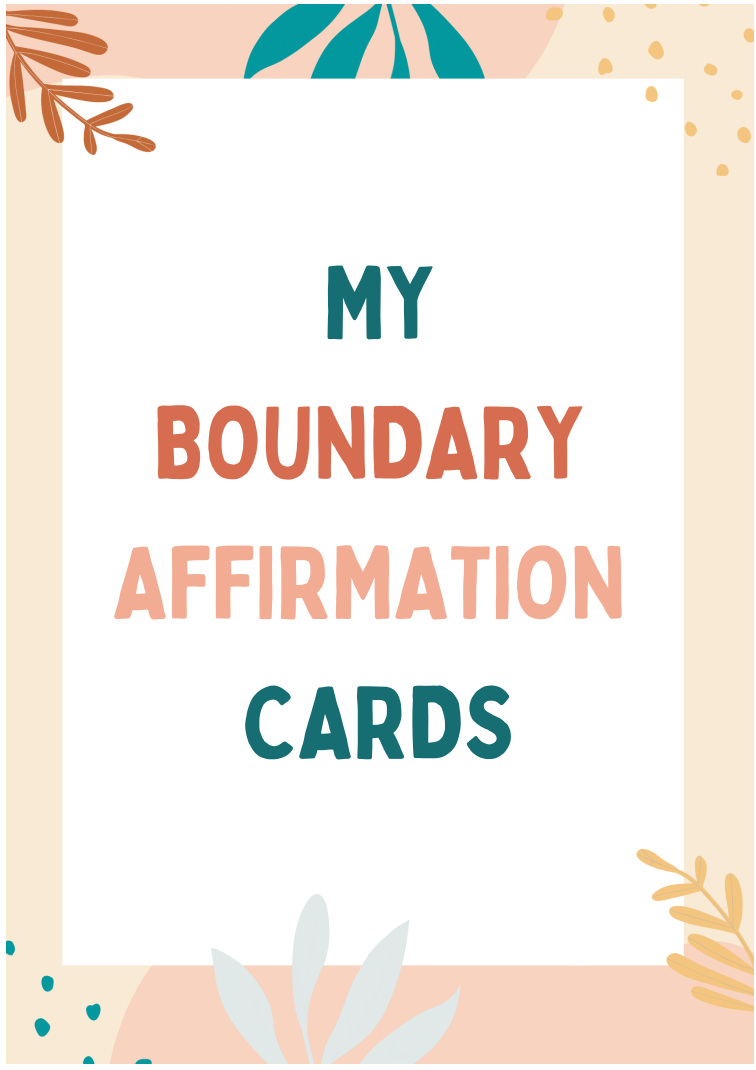
Boundaries
allow me to
navigate the
world



It is not my
responsibility
to fix
everyone



I can listen to
other people
without
becoming
emotionally
involved



MY
BOUNDARY
AFFIRMATION
CARDS