

Lesson 3

HOW DO WE TALK ABOUT BOUNDARIES?

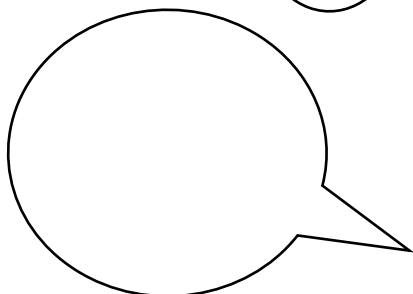
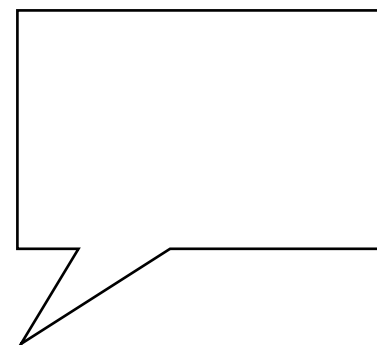
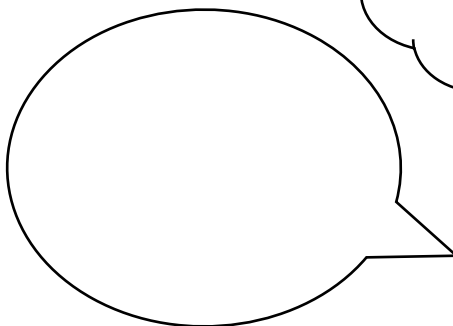
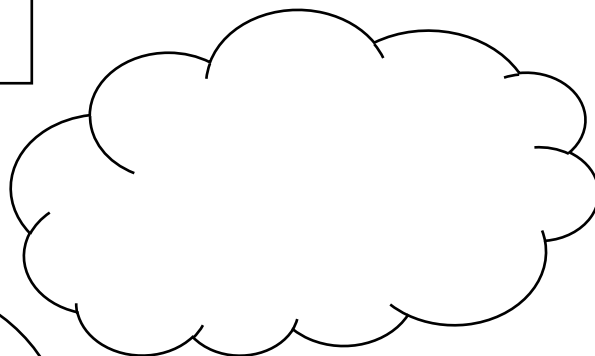
INSTRUCTIONS: Write down positive ways to ask others to respect your physical/emotional space. Your answers can be words you say, or can be things that you do to maintain boundaries.

**Get out
of my
face**

**You are
invading my
personal
space**

**Get your
hands off
me**

**You are
dipping into
my personal
business**



**Don't
touch me**

