



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 18

Setting your boundaries

How well do you set and maintain your own boundaries and honor the boundaries of others?

What are your boundaries?

Where do you draw the line?

Meeting Your Match—Cracking the Code to Successful Relationships
Jackie Black, Ph.D., Relationship Expert, Author and Coach

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How do you react when someone sets a boundary on you?

How do boundaries work?

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