



The Lighthouse - Le Phare
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BOUNDARY CHEAT SHEET

1. Express what I need without apologizing or over explaining.
2. Let go of the desire to own or control the other's reaction.
3. Sit with the awkwardness and discomfort. BREATHE.
4. The only people who disrespect my boundary are the ones' who took advantage of me not having one in the first place.
5. I can change my boundary if and when I want to.
6. Remember: no response is a response.
7. When in doubt, return to step #1.