CREATING BOUNDARIES

USE AN "I FEEL" STATEMENT

one **1**

- "I feel uncomfortable when…"
- "I feel unsafe when…"
- "When this happens, I feel…"
- "I feel anxious because…"

CLEARLY OWN YOUR BOUNDARY

two **2**

- "Please stop…"
- "Please do not…"
- "I will not…"
- "I can not…"

EXPLORE & CLARIFY OUTCOMES

three **3**

- "If that doesn't work for you, we will need to pause this conversation…."
- "I am unable to continue…"
- "You may need to find a different…"

ALLONE
Wellness