

10 DAYS TO BUSINESS BOUNDARIES

DAY 8: VIOLATIONS BY YOU

- We teach people how to treat us.
- Approach boundary violations from a place of partnership with yourself.
- Do you need small-step intermediate boundaries?
- What support system do you need to make this boundary work for you?

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List your self-boundaries below.

Brainstorm ways you could support yourself in maintaining these boundaries, such as small-steps intermediate boundaries and adding support systems.