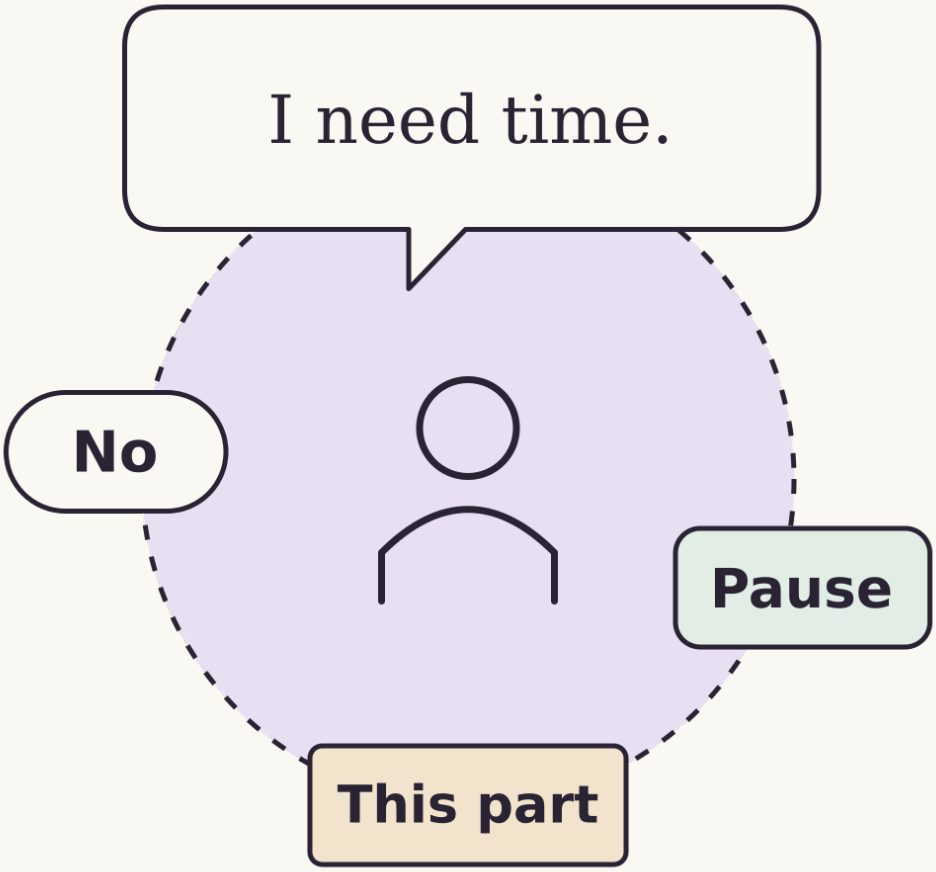
PERSONAL BOUNDARIES

A boundary, in your words

A short sentence can make your limit clear.



Say no: I'm not available tonight. Take time: I need time before I answer. Set a limit: I can help with this part. If stating a boundary could put you at risk, seek support with safety planning first.

Reading: Centre for Clinical Interventions: Assertiveness