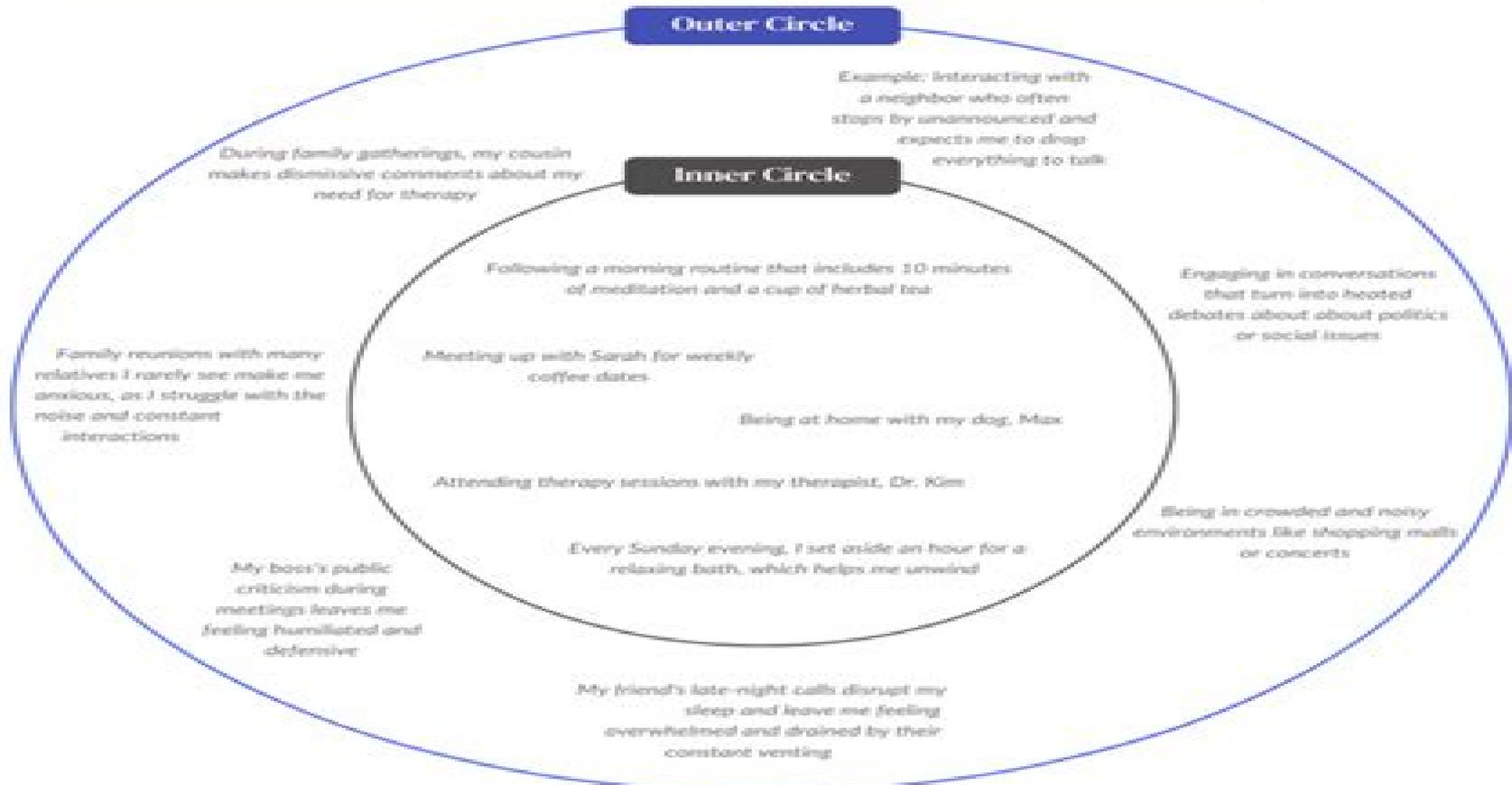


# How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries in your relationships and daily life. When you establish clear limits on what behaviors you will accept from others, you reduce the likelihood of feeling overwhelmed, disrespected, or taken advantage of. Use this worksheet to explore your boundaries and develop strategies for maintaining them.

## PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



# Writing Acrobatic Boundaries

**JS Bruner**



## **Writing Across Boundaries:**

## Whispering the Strategies of Language: An Psychological Quest through **Writing Acrob Boundaries**

In a digitally-driven world where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words often get unheard. Yet, nestled within the pages of **Writing Acrob Boundaries** a charming fictional treasure blinking with raw feelings, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, that wonderful opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the psychological depths of the emotional review, we shall embark upon a honest exploration of the book is primary subjects, dissect their captivating writing style, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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