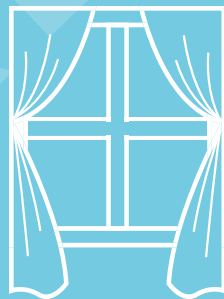


BOUNDARIES

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

BOUNDARIES

are the act of making clear what's okay, what's not okay, and why.



BOUNDARIES ARE LIKE WINDOWS

You can use your boundaries to open up to others or close yourself off based on your comfort level.



You can open windows a little or a lot. You can close them 3 minutes or forever.

Boundaries are the same! **You can say yes, no, or maybe** to someone for 5 minutes, a month, or forever.

You can also change your boundaries. They don't have to be fixed forever.

