

## BOUNDARIES

## **DATE:**

WHAT IS TREATMENT THAT MAKES ME UNCOMFORTABLE?

JJJJJJJJJJJ BOUNDARIES: JJJJJJJJJJJ MODIFICATIONS:

## SETTING BOUNDARIES PLAN

BOUNDARY:

How I am stating the boundary:

How I am upholding the boundary:

Consequences of Breaching my boundary:

Who Am I setting this boundary with:

Notes on the boundary: