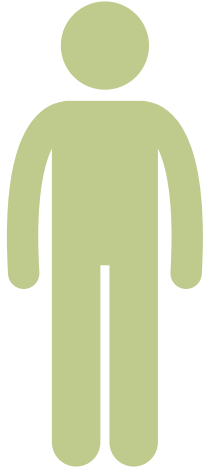


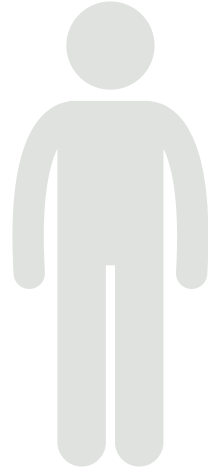
BOUNDARIES

tell other people who you are



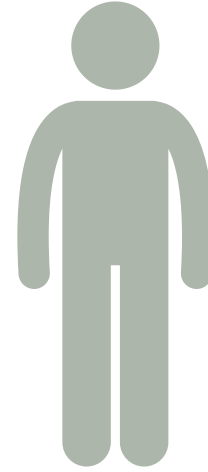
clear

I understand my worth. I'm clear about what I am okay with and what I'm not okay with.



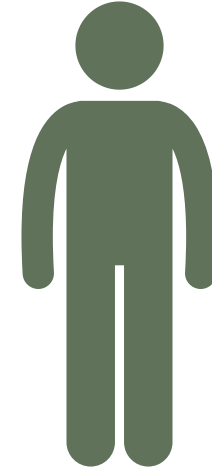
**limited
non-existent**

I fear what others think of me, and boundaries feel hard to hold because others might not like them.



**loose
porous**

I worry more about what you think than my own needs. I'm afraid that my needs don't matter in our relationship.



rigid

I hide my fear by being rigid/controlling in my behavior. I create walls and call them boundaries.