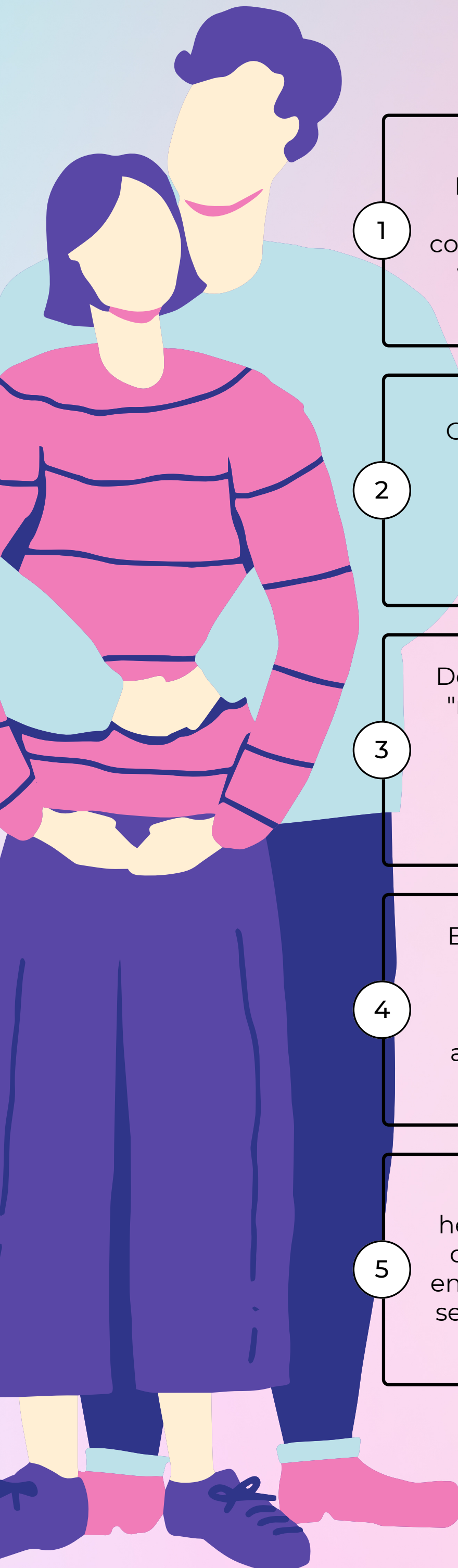




HOW TO SET BOUNDARIES IN A RELATIONSHIP



1

Define your limits. What are you comfortable with, and what is off-limits?

2

Communicate your boundaries. Make sure your partner knows what your limits are.

3

Don't be afraid to say "no." If your partner asks you to do something that makes you uncomfortable.

4

Be assertive. If your partner doesn't respect your boundaries, be assertive in setting them.

5

Seek professional help. If you're having difficulty setting or enforcing boundaries, seek out professional help.

