

# Name Your Boundaries

This is just a starter list, expand it as needed

1. I will not allow myself to be constantly criticized or infected with toxic emotional treatment that damages me. I will address it and try to resolve it, but if the situation cannot be resolved, I will not expose myself to it.
2. I will not allow myself to be yelled at or be verbally abused. If that happens, I will distance myself from the relationship until the abuse stops.
3. I will not allow myself to trust a liar or a cheat. The lying must stop before I trust the person again.
4. I will not take responsibility for irresponsible behavior of others. If they try to get me to do their work, I will tell them I care for them, but that it is their own responsibility and not mine.
5. I will not tolerate any abuse of any kind.
6. I will not allow someone to derail me from my path of growth or my relationship with God.

Dr. Henry Cloud  
Book: The Law of Happiness