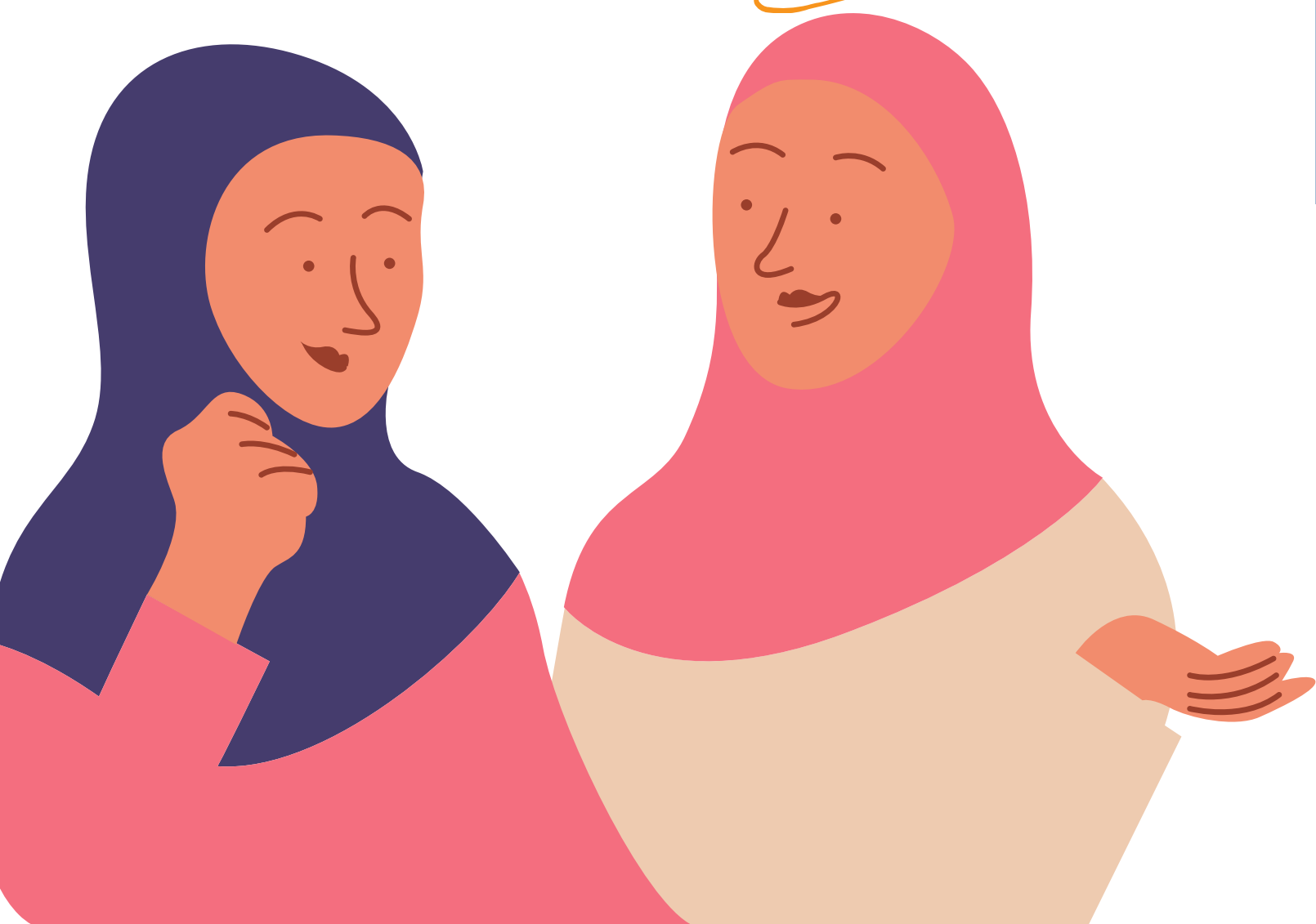


BOUNDARIES

WHEN SETTING A BOUNDARY WITH SOMEONE YOU KNOW AND TRUST, IT MAY BE HELPFUL TO ACCOMPANY YOUR "NO" WITH A "YES"

There are probably ways for all the people involved to get what they need AND still have their limitations respected.

"I'M NERVOUS TO SAY THIS BUT IT IS REALLY IMPORTANT TO ME."



No: I don't want to talk to you right now.

Yes: I'd love to talk to you soon, how's Monday evening?

No: I'm not interested in dating you anymore.

Yes: I would like for us to be kind in shared spaces.

No: I don't like when you call me "honey" or "baby".

Yes: I know nicknames are an important sign to you that we are close. You can call me "slim" or "Dave".