

Tool 10.3: Practice communicating boundaries

Date:

You can build confidence by communicating small boundaries before you broach big ones. What small boundaries can you begin setting? It's a good idea to practice on people in your life who aren't your loved one too.

What small boundaries would you like to communicate?

Who	What	How
Ex: Colleague	Wash own coffee mugs	I feel frustrated when you don't wash your own coffee mug. Can I ask you to please start doing that?

What larger boundaries might you communicate with some practice?

Who	What	How