

BOUNDARIES

Boundaries are Key

- B**- Be aware
- O**- Of what is
- U**- Unacceptable and
- N**- Normalize saying no.
- D**- Do what is best for you
- A**- And know that it's not your responsibility to sacrifice
- Y**- Yourself for others

Think of one of your goals that you really want to achieve.

What is it?

Life can bring temptations and obstacles that get in the way. Identify 2 boundaries (decisions) that you can make to help you achieve your goal.

Ex. I will deny drugs and alcohol | How does this boundary protect you:

- Physical:** I will not hurt myself or others
- Emotional:** I will not feel sad or worry for my actions
- Mental:** I will be able to think clearly
- Ethical:** I will be obeying the law and not get in trouble
- Social:** My family and friends will trust me

1.

How does this boundary protect you:

- Physical**
- Emotional**
- Mental**
- Ethical**
- Social**

2.

How does this boundary protect you:

- Physical**
- Emotional**
- Mental**
- Ethical**
- Social**

Parent Signature: _____

