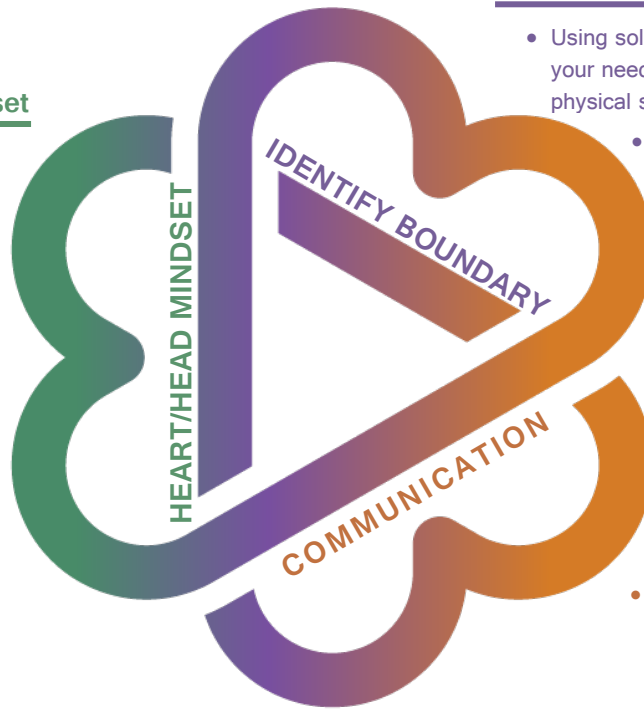


Authentic Boundaries Tool[®]

Step 1: Heart/Head Mindset

- Acknowledge your worth and right to set healthy boundaries. Grant permission to yourself to create personal limits.
- Which character strengths will you bring forward to help you set this boundary?



Step 2: Identify Boundary

- Using solution-focused questions, clearly identify your need for healthy psychological and/or physical space that this boundary will create.
- With self-compassion, an open mind, and a peaceful heart, identify the needed boundary.

Step 3: Calm Communication

- Choose a method/environment in which you feel safe to communicate your boundary (over the phone, bring someone with you, etc.)
 - Calmly communicate with “I” messages that don’t vilify others.

Authentic Boundaries Tool[®] Authentic Strengths Advantage, 2019; (Adapted from the research of Dr. Henry Cloud, Dr. John Townsend, Brown, Brene. “3 Ways to Set Boundaries.” Oprah. Accessed September 6, 2019. <http://www.oprah.com/spirit/how-to-set-boundaries-brene-browns-advice> Holmes, Lindsay. “10 Great Things that Happen When You Set Boundaries.” Huffington Post. April 4, 2016. Accessed September 6, 2019. https://www.huffpost.com/entry/setting-boundaries-benefits_n_57043126e4b0b90ac27088bb)