

<p><b>MY BOUNDARIES</b></p> <ul style="list-style-type: none"> <li>- I expect respectful words and actions.</li> <li>- Abuse, insults, or intimidation are not acceptable.</li> <li>- Remedy is possible: a sincere <b>written apology</b> and changed behavior.</li> <li>- If no remedy or further abuse occurs, I will escalate:             <ol style="list-style-type: none"> <li>1. Restating my boundary in writing</li> <li>2. Limiting contact</li> <li>3. Mediation or legal remedy if necessary</li> </ol> </li> </ul> <p><i>My goal is peace, respect, and restoration.</i></p>	<p><b>EVENT RECORD</b></p> <p>Date: _____</p> <p>Event: _____</p> <p>Response/Notes: _____</p> <p>Apology/Remedy received? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><b>MY BOUNDARIES</b></p> <ul style="list-style-type: none"> <li>- I expect respectful words and actions.</li> <li>- Abuse, insults, or intimidation are not acceptable.</li> <li>- Remedy is possible: a sincere <b>written apology</b> and changed behavior.</li> <li>- If no remedy or further abuse occurs, I will escalate:             <ol style="list-style-type: none"> <li>1. Restating my boundary in writing</li> <li>2. Limiting contact</li> <li>3. Mediation or legal remedy if necessary</li> </ol> </li> </ul> <p><i>My goal is peace, respect, and restoration.</i></p>	<p><b>EVENT RECORD</b></p> <p>Date: _____</p> <p>Event: _____</p> <p>Response/Notes: _____</p> <p>Apology/Remedy received? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><b>MY BOUNDARIES</b></p> <ul style="list-style-type: none"> <li>- I expect respectful words and actions.</li> <li>- Abuse, insults, or intimidation are not acceptable.</li> <li>- Remedy is possible: a sincere <b>written apology</b> and changed behavior.</li> <li>- If no remedy or further abuse occurs, I will escalate:             <ol style="list-style-type: none"> <li>1. Restating my boundary in writing</li> <li>2. Limiting contact</li> <li>3. Mediation or legal remedy if necessary</li> </ol> </li> </ul> <p><i>My goal is peace, respect, and restoration.</i></p>	<p><b>EVENT RECORD</b></p> <p>Date: _____</p> <p>Event: _____</p> <p>Response/Notes: _____</p> <p>Apology/Remedy received? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><b>MY BOUNDARIES</b></p> <ul style="list-style-type: none"> <li>- I expect respectful words and actions.</li> <li>- Abuse, insults, or intimidation are not acceptable.</li> <li>- Remedy is possible: a sincere <b>written apology</b> and changed behavior.</li> <li>- If no remedy or further abuse occurs, I will escalate:             <ol style="list-style-type: none"> <li>1. Restating my boundary in writing</li> <li>2. Limiting contact</li> <li>3. Mediation or legal remedy if necessary</li> </ol> </li> </ul> <p><i>My goal is peace, respect, and restoration.</i></p>	<p><b>EVENT RECORD</b></p> <p>Date: _____</p> <p>Event: _____</p> <p>Response/Notes: _____</p> <p>Apology/Remedy received? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>

### MY BOUNDARIES

- I expect respectful words and actions.
- Abuse, insults, or intimidation are not acceptable.
- Remedy is possible: a sincere **written apology** and changed behavior.
- If no remedy or further abuse occurs, I will escalate:
  1. Restating my boundary in writing
  2. Limiting contact
  3. Mediation or legal remedy if necessary

*My goal is peace, respect, and restoration.*

### EVENT RECORD

Date: \_\_\_\_\_

Event: \_\_\_\_\_

Response/Notes: \_\_\_\_\_

Apology/Remedy received? ☐ Yes ☐ No