Boundary Map

Take some time to reflect on the areas below. Are you comfortable with the ways you are showing up in these areas? What about the ways other people may or may not be contributing to comfort or discomfort in these areas? Are you noticing resentment, frustration, or a desire for things to be different than they currently are? How would you prefer them to be?

3.13, 33.13, 31.	, , , , , , , , , , , , , , , , , , ,	
Physical	Sexual	Intellectual
Emotional	Material	Time