

How To Love Yourself Completely

Worksheet on Honoring Your Boundaries
Class#7

There are most like times in your life when you now realize that your boundaries were violated. When did you experience the following:

A Violation of your Physical Boundaries

A Violation of your Sexual Boundaries

A Violation of your Emotional Boundaries

A Violation of your Relational or Role Boundaries

A Violation of your Spiritual Boundaries

What have you learned about the above experiences? How has it affected how weak or strong your boundaries are now?