

Establishing Emotional Boundaries

Application Guide

When do you find it difficult to put an emotional boundary between yourself and another person? What type of situations are involved? Which emotions?

How does establishing an emotional boundary actually serve to *improve* how well you are able to love and care for another person?

Which of the visual images discussed in this video appeal to you the most? Why?

What other visual images can you think of that would help you establish an emotional boundary during and after an intense emotional situation?

What benefits would you experience by having healthier emotional boundaries?

