## Setting Boundaries

Name:	Date:	
	Situation —	
	Describe what happened when you overstepped a boundary	
	Thoughts —	
	What was going through your mind when this happened?	
	Emotions —	
	How did you feel when this happened?	
	Body -	
	How did your body react when this occurred what was your physical reaction?	
	0	
	Consequence What happened afterward?	
	with happened at ter viai d:	