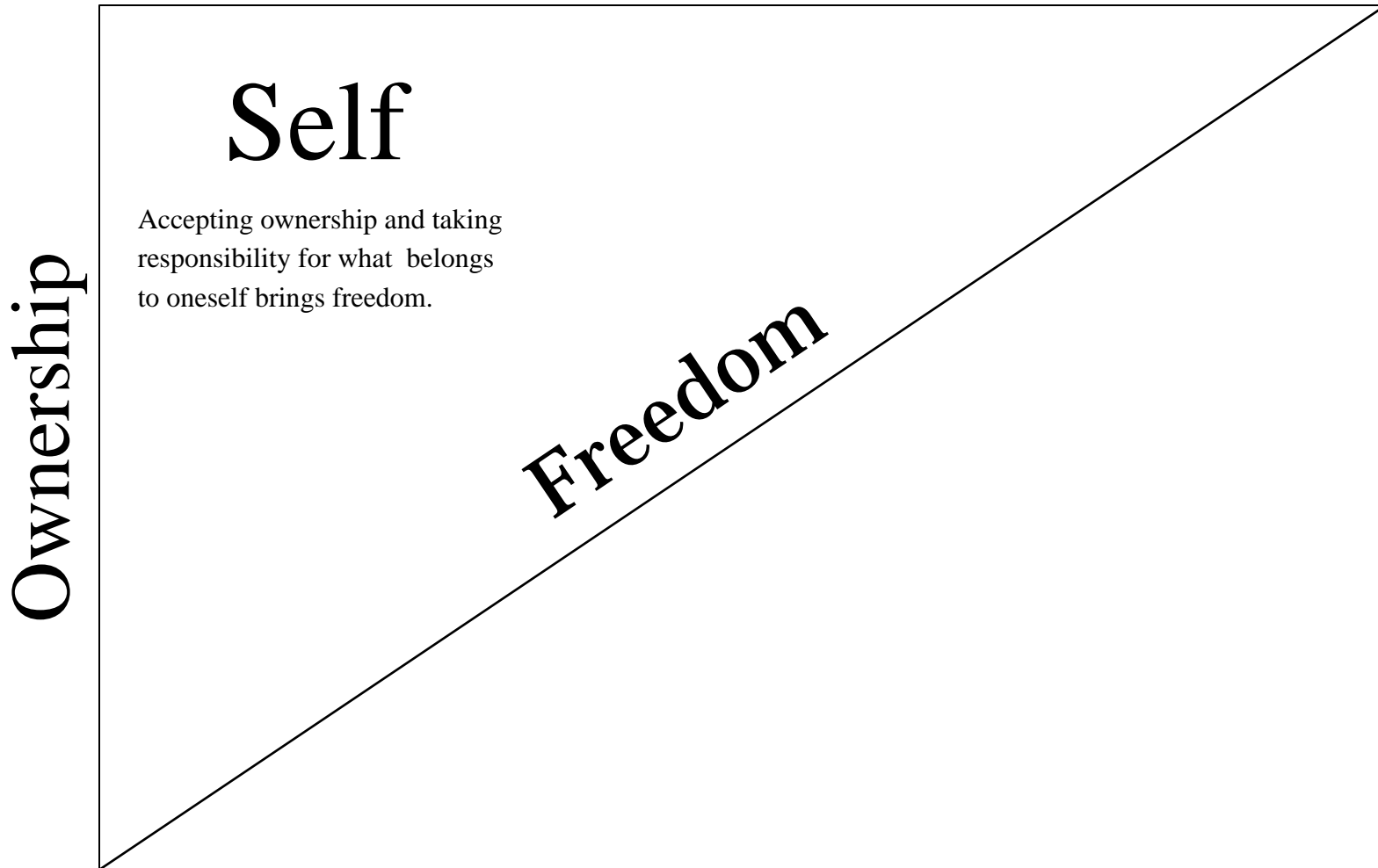


Boundaries and Self Responsibility



Ownership and Responsibility

Legal possession/ pertaining to self:

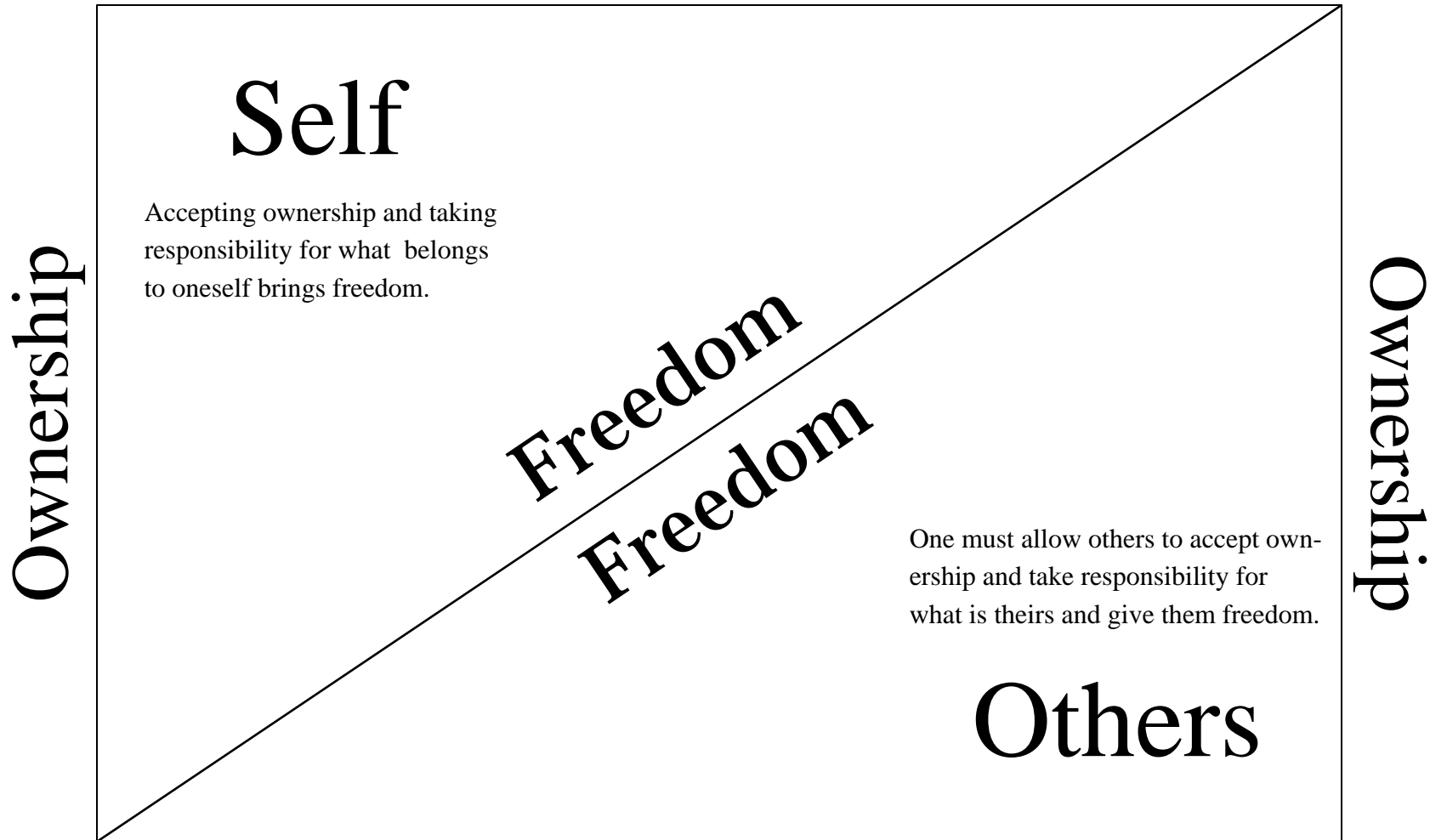
- Spirituality
- Feelings
- Needs
- Thoughts
- Values
- Sexuality
- Attitudes

Taking charge of/accepting Obligation for:

- Actions
- Behaviors
- Choices
- Decisions
- Love

Boundaries and Others

Responsibility



Responsibility

Finding the Balance

<u>Undefined Boundaries</u>	<u>Rigid Boundaries</u>	<u>Healthy Boundaries</u>
Dependence Enmeshment Over involvement Unhealthy other focus	Independence Isolation Un-involvement Unhealthy self focus	Interdependence Freedom Balanced involvement Balanced focus