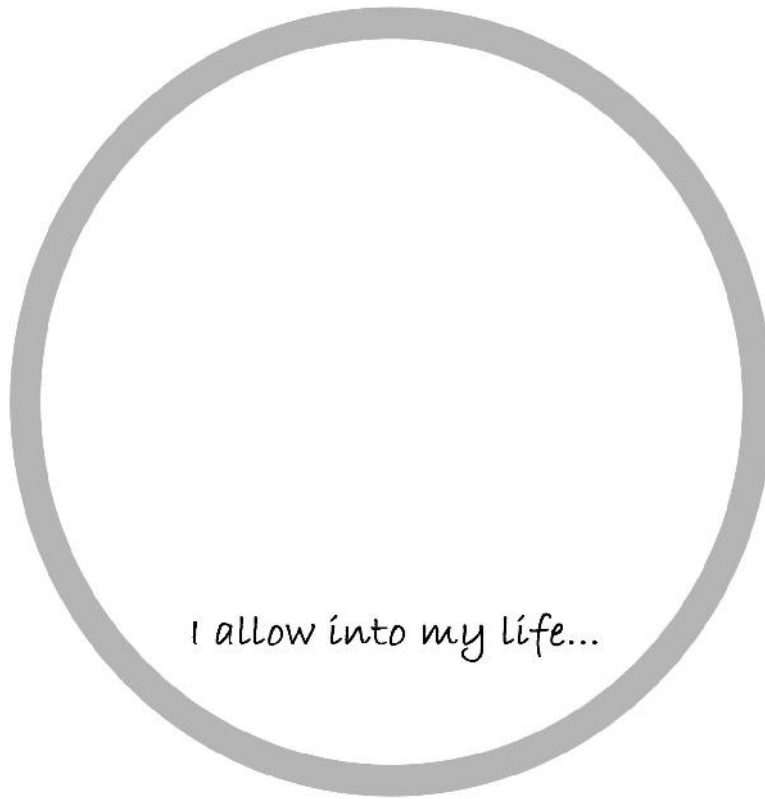




## Boundary-Making™ Exercise

*\* Write those qualities, dynamics, behaviors (etc.) you intend to keep out of your 'inner home', outside the circle, and that which you intend to allow into your 'inner home', inside the circle.\**

I keep out of my life...



I allow into my life...