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**5 Types**

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**Why It's Hard**

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**The 5 Elements of a Healthy Boundary**

**Consciousness – Know Myself**

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**Clarity – What Do I Want?**

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**Consequences – How far?**

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**Communication – Confident**

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**Consistency – Don't Slide**

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<b>Enforcing</b>				

<b>Honoring</b>				

<b>Crossing</b>				

<b>Self</b>				

<b>Healthy</b>				

<b>Boundaries</b>				<b>Total</b>
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