FUELS US DESTROYS US LET IN **KEEP OUT** friendship abuse community · other's responsibilities encouragement · lies affirmation **PHYSICAL BODY** poor treatment · hugs & affection · guilting & shaming values ·sleep choices · wisdom & teaching & manipulation nutrition attitude & advice beliefs · clothing · offers to help thoughts · rest & play · truth effort behaviors **ROLES RESOURCES** parent money spouse time limitations friend energy · child expectations education schedule jobs chores **DRAINS US** gifts & skills daily routines **LET OUT** future plans CharissaFry.com · sin (through confession) **BOUNDARIES &** · secrets

Our emotions indicate the health of our life. They clue us in to what we need to let in, let out, and keep out.

Our community helps us identify and enforce our boundaries and live within our limitations.

Consequences help ourselves and others take responsibility for our lives.

LIMITATIONS

stress

isolation