

# Self-Awareness

The first step to setting boundaries is to become self-aware. Pay attention to situations when you are low on energy, get butterflies in your stomach, or have an urge to cry—when you feel you need more space, self-respect, energy or personal power.

To help identify your boundaries, complete the following sentences and add at least three examples for each.

**1. People may not \_\_\_\_\_.** Examples: humiliate me; verbally attack me; go through my personal things.

I)

II)

III)

**2. I have the right to ask for \_\_\_\_\_.** Examples: privacy; ask more information about a medication before taking it; support.

I)

II)

III)

**3. To protect my time and energy, it is okay to \_\_\_\_\_.** Examples: change my mind; turn the ringer off on my phone; say no.

I)

II)

II)