Boundaries

Friendship series 2/5

Things that are out of my zone of action.

Things I should not be worrying about.

Other people's thoughts, feelings and actions.

When other people's actions and words affect me!

Is this a problem that I can/should fix, put up with or walk away from?

Who can I talk to about this issue?

What are the inner tools and skills I can gain to deal with this issue?

(example: confidence, clarity, assertiveness...)

My thoughts, feelings and actions.

