

Boundaries

Content from Brene Brown

“Boundaries are what’s ok and what’s not ok for me.”

B.I.G. - What **boundaries** need to be in place for me to stay in my **integrity** to make the most **generous assumptions** about you? - Brene Brown

Self-Compassion Loving Kindness Mantra

Content from Kristen Neff

May I be **safe**, may I be **peaceful**, may I be kind to **myself**, may I live with **ease and well-being**.

B.R.A.V.I.N.G Trust

From Braving the Wilderness by Brene Brown

B - Did I respect my own boundaries? Was I clear about what’s okay and what’s not okay?

R - Was I reliable? Did I do what I said I was going to do?

A - Did I hold myself accountable?

V - Did I respect the vault and share appropriately?

I - Did I act from my integrity?

N- Did I ask for what I needed? Was I non judgemental about needing help?

G - Was I generous toward myself?