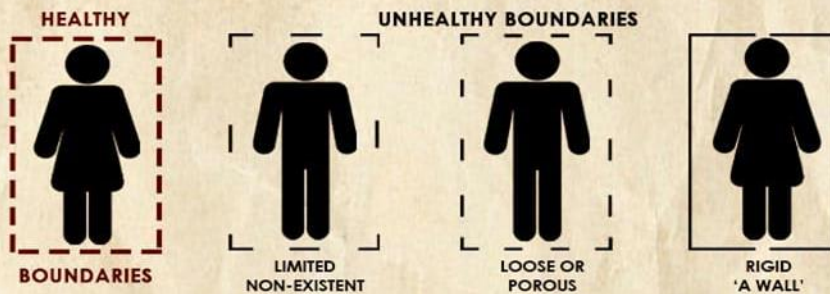


## HEALTHY BOUNDARIES:

01. Saying 'NO' without guilt.
02. Asking for what you want or need.
03. Taking care of yourself.
04. Saying "yes" because you want to, not out of obligations or to please others.
05. Behaving according to your own values & beliefs
06. Feeling safe to express difficult emotions & have disagreements.
07. Feeling supported to pursue your own goals.
08. Being treated as an equal.
09. Taking responsibility for your own happiness.
10. Not feeling responsible for someone else's happiness.
11. Being in tune with your own feelings.
12. Knowing who you are, what you believe, what you like.



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