

Name: _____

Date: _____

personal boundaries

S B E Z N L E C A L M C L A U T C E L L E T N I
L E S S S T R E S S P W R K X L A N O I T O M E
I E T A L O I V A V O I D S I N T I M A C Y A R
T J S T I M I L G N I T T E S P B W D I G I R F
H O B Z A G S Z S K S L E R H F F F T Y P N S J
O Y M B T M O Q G S E T A I C N U M M O C C N L
U N N V W F A L A C I S Y H P L T Z J Z U E O O
G R I U U B I T H N L J E V Y E Y Y T V Q S I N
H E C A P S L A N O S R E P R X D S P D J L T Y
T I E B Z C Z P E M P O W E R M E N T Z G P C A
S P H I R Y Y P W W Z Q L V R X N R K C K G E S
A M B W C F U R Y S M H N X U D X S Z M V A J F
N Y O Q G Z W O H J T C O A Y G I C P X R U E U
D Z U V Q G R P U F E U L W N S A Y P X F F R N
I L N C X W L R S Z P O D W V U X F L P A X S G
D A D G Q M P I E B N T Y S E L U R E T A E R C
E I A L C Z F A R Y W L R W R R F P C H R S A S
A R R G H F S T A Y E A L A N O S R E P K Q E C
S E I D D O O E H W G C E C T P W R G B R A F P
E T E W E I I T S S D I A I Z P K P O R O U S H
M A S S W M L D R E M S F E Z N T B T R U K P M
G M P T X A I F E M T Y J Y P Q N G S C O O L B
L S P C E O Z T V E U H K F D U P S B G G J U N
O E W H F B R W O L A P E P F S G I Y F X H X G

thoughts and ideas
personal space
intellectual
boundaries
physical
say no
rigid

fears rejections
physical touch
less stress
overshares
material
sexual
calm

avoids intimacy
create rules
empowerment
emotional
violate
porous
time

setting limits
communicates
appropriate
personal
healthy
peace