



SPEAK CLEARLY

"No" is a complete sentence.

- Anne Lamont

We can say what we need to say. We can gently, but assertively, speak our mind. We do not need to be judgmental, tactless, blaming or cruel when we speak our truths.

- Melody Beattie

Boundaries are a part of self-care. They are healthy, normal, and necessary.

- Doreen Virtue

You get what you tolerate.

- Henry Cloud

Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands-off situations that do not belong to us. This frees us from unnecessary stress.

- Melody Beattie

Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

- Brené Brown

No one will listen until we listen to ourselves.

- Marianne Williamson

Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment.

- Brené Brown

Givers need to set limits because takers rarely do.

- Rachel Wolchin

When we fail to set boundaries and hold people accountable, we feel used and mistreated.

- Brené Brown

Much of the time, the things we feel guilty about are not our issues. Another person behaves inappropriately or in some way violates our boundaries. We challenge the behavior, and the person gets angry and defensive. Then we feel guilty.

- Melody Beattie

Lack of boundaries invites lack of respect.

Anonymous

