

My Boundaries and Contingency Plan

<p>Defining My Boundary <i>Clearly state what actions by yourself or others in unacceptable to you and why.</i></p>	<p>Communicating My Boundary <i>How will you explain your preference to others? "I feel ___" statements and reason are good to use here.</i></p>	<p>Contingency Plan <i>What will you do if the conversation doesn't go well? Where will you go? Is there a support person you can turn to?</i></p>