MY NON-NEGOTIABLES

DATE _____ TIME _____

Get clear on what protects your peace, safety, and self-respect.

1. WHAT MATTERS MOST TO ME IN RELATIONSHIPS?

- ☐ Honesty
- ☐ Safety
- ☐ Privacy
- ☐ Respect
- ☐ Loyalty
- ☐ Accountability
- ☐ Consistency
- ☐ Communication
- ☐ Kindness
- ☐ Other: _____

2. WHAT I WILL NOT ACCEPT

_____

_____

_____

_____

_____

3. SIGNS A LIMIT HAS BEEN CROSSED

- ☐ Dismissal
- ☐ Name-calling
- ☐ Manipulation
- ☐ Lying
- ☐ Boundary pushing
- ☐ Silent treatment
- ☐ Pressure
- ☐ Control
- ☐ Other: _____

4. WHAT BOUNDARY GOES WITH THIS?

_____

_____

_____

_____

5. WHAT ACTION WILL I TAKE IF IT HAPPENS AGAIN?

_____

_____

_____

_____

6. SUPPORT THAT HELPS ME HOLD MY LINE

- ☐ A script
- ☐ Time to think
- ☐ A safe person
- ☐ Documentation
- ☐ Distance
- ☐ Professional support

7. MY REMINDER TO MYSELF

_____

_____

_____

My standards are not too much. They protect me.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.