

## Relationship Boundary Circles

People with healthy boundaries attract other people with healthy boundaries.

How do I know if someone has healthy boundaries?

Look for **CONSISTENCY in what people say and do, in other words a stable personality construct.**

**Consistency:** 1. Over **Time.** 2. In different **Settings.** 3. Infront of different sets of **People.**

Each circular wall is 10 feet high with a locked gate **and you are the only person with a key** to let people in or out as needed. Beware of people who want to skip over your boundaries, as they could be trouble. Also, don't leave all the gates open as an invitation for other people to disrespect your boundaries.

