



Five Principles for a Joyful Life

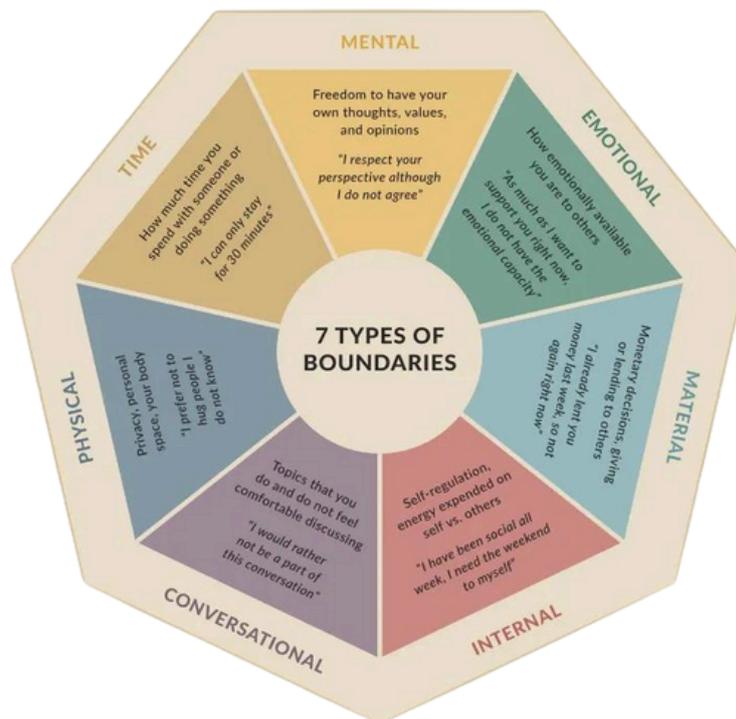
Boundaries and People-Pleasing

When setting a boundary, follow these three steps:

Step 1: Be as clear and as straightforward as possible. Keep it simple. Do not raise your voice.

Step 2: State your need or request in terms of what you'd like, rather than what you don't want or like.

Step 3: Accept any discomfort that arises as a result, whether it's guilt, shame, or remorse.



- "I'm not comfortable with this."
- "I'd rather not...."
- "Please do not...."
- "I can't do that for you."
- "This doesn't work for me."
- "I've decided not to..."
- "This is not acceptable."
- "I don't want to do that."