

Self Respect - Week 4



Be careful what you tolerate - you are teaching people how to treat YOU!

At work:

What I will tolerate

What I no longer will tolerate

'A lack of boundaries invites a lack of respect. We cannot simultaneously set a boundary and take care of another person's feelings'

Self Respect - Week 4



Be careful what you tolerate - you are teaching people how to treat YOU!

Friendships:

What I will tolerate

What I no longer will tolerate

'Become more aware of what really is worth your energy'

Self Respect - Week 4



Be careful what you tolerate - you are teaching people how to treat YOU!

Family Life:

What I will tolerate

What I no longer will tolerate

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