

Boundaries

VERSUS

Controlling

	Boundaries	Controlling
		
	COMMUNICATION	
01	Clearly Communicating Limits	Imposing Strict Rules Without Input
	AUTONOMY	
02	Respecting Personal Autonomy	Dictating Every Detail of Someone's Life
	SELF-CARE	
03	Prioritizing Self-Care and Needs	Micromanaging Decisions
	EXPRESSION	
04	Expressing Feelings and Needs	Manipulating or Guilt-Tripping
	SAYING "NO"	
05	Saying "No" When Necessary	Pressuring or Coercing
	CHOICES	
06	Allowing Others to Make Choices	Insisting on Having Final Say

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