



## Principle 4:

### Boundaries

#### **Symptoms of Practicing Bad Boundaries**

1. Your clients are grumpy with you.
2. They take advantage of your generosity, ask too much of you.
3. You resent them (secretly).
4. You work all the time, but your bank account is drained.
5. Everyone gets help, but you come up short on time, energy, and happiness every day.
6. Exhaustion.
7. You become a demon.
8. You are the martyr.

#### **What a Boundary Isn't:**

Helping everyone.

Helping no one/a policy of "no".

Rigid attachment to a process or schedule.