

**A FRIEND SAYS, "AFTER EVERYTHING I'VE DONE FOR YOU, YOU WON'T EVEN HELP ME WITH THIS?"**

What would you say or do to reflect a healthy boundary?

**YOUR PARTNER SAYS, "YOU'RE IMAGINING THINGS. I NEVER SAID THAT."**

What would you say or do to reflect a healthy boundary?

**AN ADULT SAYS, "YOU'RE OVERREACTING. IT'S NOT THAT SERIOUS."**

What would you say or do to reflect a healthy boundary?

**YOUR PARTNER ASKS FOR YOUR PASSWORD AND WANTS TO CHECK YOUR MESSAGES.**

What would you say or do to reflect a healthy boundary?