

Use the map below to consider your own boundaries, so you can begin to think differently about how you communicate then to others.

<p><b>Physical</b> (e.g. your personal comfort zone; what you consider safe and appropriate sexual behaviour):</p>	<p><b>Financial</b> (how you are handling finances and your attitude towards savings and debts):</p>
<p><b>Emotional/mental</b> (what you will share with someone; what you are happy for others to express to you; things you will not think about):</p>	<p><b>Spiritual</b> (what you will and won't do based on your beliefs):</p>