



≡ MY NON-NEGOTIABLES ≡

DATE _____

TIME _____

Get clear on what protects your peace, safety, and self-respect.

1. WHAT MATTERS MOST TO ME IN RELATIONSHIPS?

- | | | |
|---------------------------------------|--|---|
| ☐ Honesty | ☐ Safety | ☐ Privacy |
| ☐ Respect | ☐ Loyalty | ☐ Accountability |
| ☐ Consistency | ☐ Communication | ☐ Kindness |
| ☐ Other: _____ | | |

2. WHAT I WILL NOT ACCEPT

3. SIGNS A LIMIT HAS BEEN CROSSED

- | | | |
|------------------------------------|---|---|
| ☐ Dismissal | ☐ Name-calling | ☐ Manipulation |
| ☐ Lying | ☐ Boundary pushing | ☐ Silent treatment |
| ☐ Pressure | ☐ Control | ☐ Other: _____ |

4. WHAT BOUNDARY GOES WITH THIS?

5. WHAT ACTION WILL I TAKE IF IT HAPPENS AGAIN?

6. SUPPORT THAT HELPS ME HOLD MY LINE

- | | |
|--|---|
| ☐ A script | ☐ Time to think |
| ☐ A safe person | ☐ Documentation |
| ☐ Distance | ☐ Professional support |

7. MY REMINDER TO MYSELF



My standards are not too much. They protect me.



LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.