

# Boundary Chart

<b>Category</b>	<b>Boundaries</b>	<b>Specifics</b>	<b>Response if the boundaries are broken</b>
Living Arrangements			
Financial Limitations			
Children & Dependents			
Personal Safety			
Communication Limits			

Time Management			
Social Interactions			
Technology Use			
Professional Life			
Level of Sacrifice			

Abusive Behaviour			
Empathy Without Endorsement			
Emotional Support		My network is:	
Breathing Room			