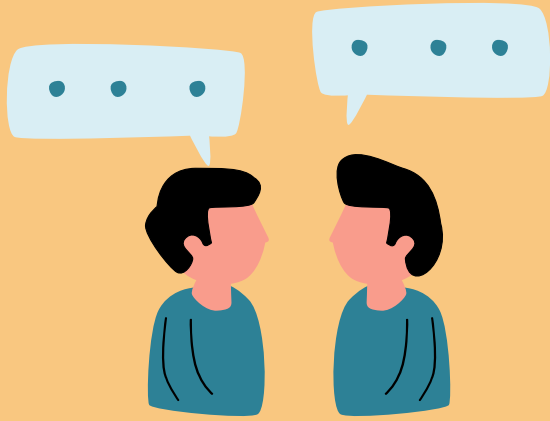


CARE

WE SET BOUNDARIES BECAUSE WE CARE!

Clear

Be concise and to the point.



Assertive

Be ready and willing to take an assertive approach

Relevant

Be able to stay on topic, and address your observation, feeling, associated thought, needs, and desire for future behavior changes.



Explicit

Be willing to express your truth and remain grounded

To learn more about my work and the "CARE" acronym visit www.lightninginabottle.biz/resources or www.directimpactmedia.com

CARE

LET US HELP YOU SET CAREFUL BOUNDARIES!

Clear

Example: Do you remember when you (blank)

Assertive

Example: It made me feel (blank) like when you (blank)

Relevant

Example: And what I told myself was you/I (blank)

Explicit

Example: What I need is (blank)
If this happens again I will (blank)
