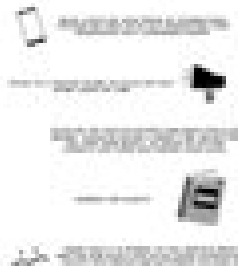


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reminders



that's too personal...

HOW TO SPEAK UP WHEN YOU DON'T WANT TO ANSWER A PERSONAL QUESTION



today's mood



alone time self care

affirmations

A collection of affirmations for dating boundaries, including:

- I am worthy of love and respect.
- I have the right to set boundaries.
- My feelings are valid.
- I am allowed to say no.
- It is okay to take time for myself.
- I am deserving of a healthy relationship.
- My needs matter.
- I am strong and capable.
- I am allowed to change my mind.
- I am worthy of a partner who respects my boundaries.

Boundaries In Dating Workbook

L Cohen



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