





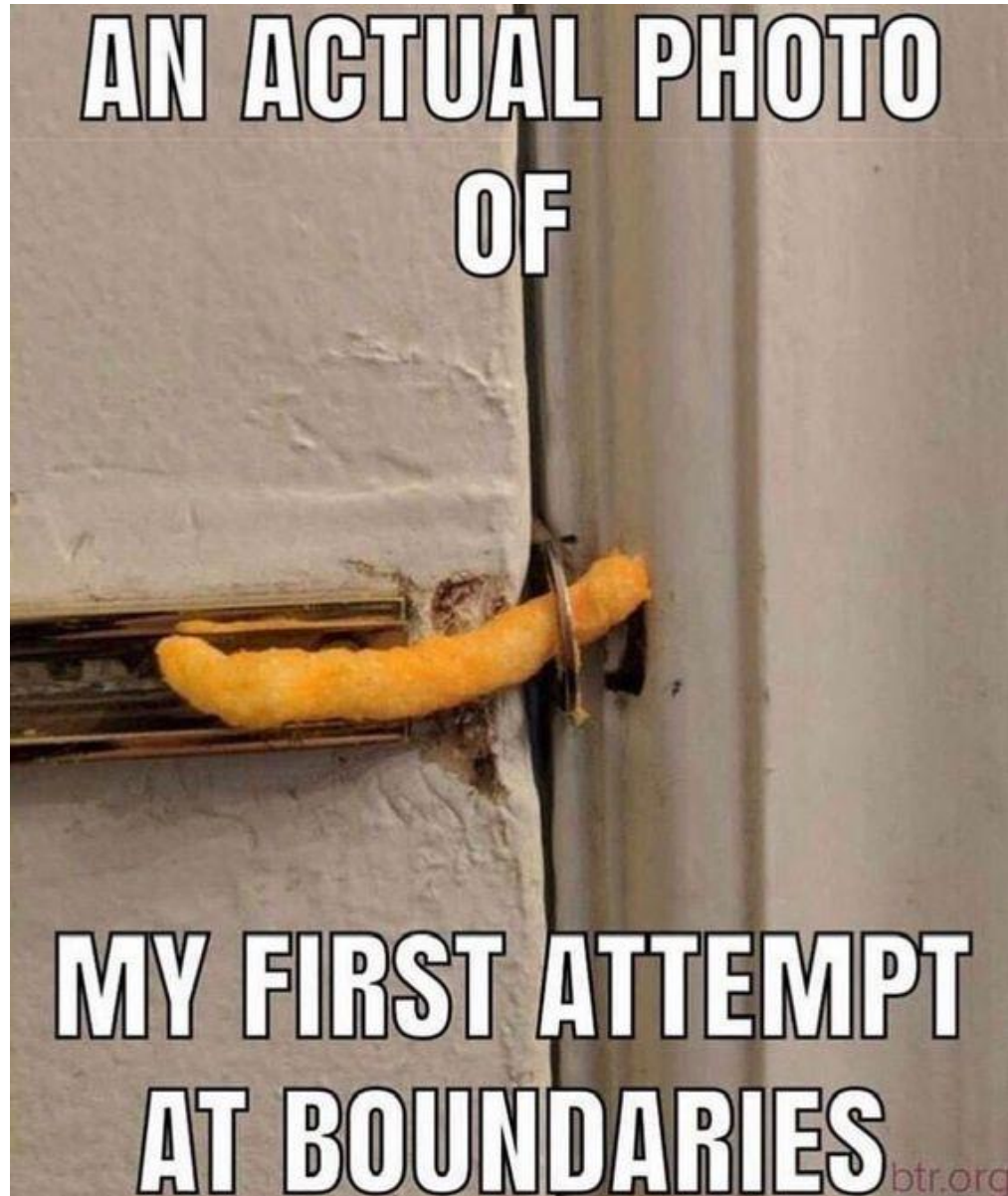
One person's sense of boundaries



My sense of boundaries



**AN ACTUAL PHOTO
OF**



**MY FIRST ATTEMPT
AT BOUNDARIES**

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**What act of boundary setting
(or “joy reclaiming”)
was life changing for you?**