



21 Day Boundary Challenge



My Notes and Journal

What is my biggest struggle with external boundaries? Why?

How might that relate to my internal boundaries?



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What's the difference between shame and guilt?

Which do I struggle with most and how can I release it freely?



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What negative thoughts do I hold onto and why?

Where do they come from? Whose voice do I hear?



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When do I wobble with external boundaries?
With what people? What situations?

How can I stay present and strong?



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Do I absorb? Ruminant? Take on what isn't mine?

How can I use the thought stopping and grounding I've learned to help me stay separate and focused?
