

## Believe in your boundaries; believe in yourself:

Practice these assertive statements:

- This is what I will do (describe the action). This is what I won't do (describe the action).
- I do not allow others to treat me as an object.
- I do not allow others to call me names.
- I do not allow others to humiliate me.
- I do not participate in sexual acts that make me uncomfortable.
- I do not hang around others who give me the silent treatment or ignore me.
- I'm not responsible for the happiness of any other person than myself.
- I refuse to be manipulated.
- It is not me who makes others angry; only they can make themselves angry.
- I have the right not to participate in conversations if I don't want to.
- I will only participate in conversations where I feel safe.
- I will only participate in conversations if I am addressed in an adult manner.
- I'm not responsible for fixing the problem's of others.
- I need not make excuses for other people, especially if it involves me.
- Expect me to tell others if I am being abused in any way.
- Although I believe in keeping private things private, abuse that is kept "private" becomes the weapon of the abuser. I expose abuse.





- Secrets that shield abusers are a form of enabling. I don't keep them.
- I am responsible for the company I keep.
- I am responsible when I accept abusive behavior.
- I do not answer questions designed to hurt, humiliate, or degrade me.
- I do not have to answer a question just because someone asks me something.
- I am not responsible for making anyone angry.
- I can't make another person happy or keep them happy.
- I can make my own decisions but if I want another's input, I'll ask.
- I can't help them stop abusing, I can only tell them what I will allow and not allow around me.
- I can respond calmly.
- If I am afraid of them and afraid to enforce my boundaries, something is terribly wrong.
- If something is terribly wrong, I will seek professional (and legal if necessary) help.



