

Strong Boundaries

Assertive and Attractive

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are easily able to maintain your boundaries within a relationship.

Tips for Success

Keep a daily journal and record any objective evidence that you are more easily able to set and maintain boundaries. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I have unbreakable barriers

I easily defend my interior

I have a strong sense of self

I know what I accept

I know what isn't acceptable

I easily express my limits

I naturally set boundaries

I set clear boundaries

everybody around me knows my boundaries

I have strict criteria about who I deal with

I let people know immediately if they violate my boundaries

I easily and naturally assert myself

I always assert myself

I calmly assert myself

People respect me when I assert myself

people respect my boundaries

people accept my boundaries

I let people know when they cross my boundaries

I have a zero tolerance rule for my boundaries

I cherish my life

I cherish myself

I cherish my freedom

I cherish my thoughts

I cherish my mind

I cherish my energy

my life belongs to me

my thoughts belong to me

my body belongs to me

my desires belong to me

my mind belongs to me

I choose everything I do

I choose everything I think

I choose everything I believe

my mind is a fortress

my body is a fortress

my energy is a fortress

people are lucky to be around me

people are lucky to be with me

people are lucky to know me

people are lucky to talk to me

people are lucky to be in relationships with me

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