

Create Personal Boundaries

Inside your **Imaginary Circle of Light** you can learn to become your own friend.

You can talk to yourself, think about life, about good things that happen. You can push negative criticism of yourself outside the circle unless you think it is helpful.

You decide who and what to keep close, who you feel safe with and who to keep at a distance for the moment. Not that they are bad, not that you need to tell them, but you just know that right now you don't feel comfortable including them in your personal circle of peace and happiness. And that's okay.

Everyone is entitled to create a safe and happy space around themselves.

If you wish you can invite a loving Caring Creator to look after you and love you. You decide who and what you'd find supportive and caring.



Inside the circle, write who & what make you feel safe, loved and talented.
Outside the circle write who & what you need to keep at a distance for the moment.

People I need to
keep at a distance:

Unhelpful thoughts to
keep at a distance:

MY SAFE SPACE

Good, helpful thoughts about myself:

People who make me feel safe and loved:

Activities that make me feel safe and capable:

Unhelpful activities:

Unhelpful criticism