



Boundaries 101: Learning to Recognize, Honor & Communicate Your Personal Limits

Toni Rahman

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This booklet is intended to serve as a study guide for a course by the same name. The course is an introduction on the subject; what boundaries are, why they may not be something we feel mastery around, and what we can do about it. This study guide is a collection of readings geared to prepare individuals for the 5-week course. The course offers basic information and hands-on training to people who may have had trouble setting boundaries and recognizing boundary violations in the past, or for people who would just like to strengthen their sense of Self.

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