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*Boundaries 101: Learning to Recognize, Honor & Communicate ...*  
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*Boundaries 101 Learning To Recognize Honor And Communicate ...*  
16-10-2020. Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and well-being. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. This article will discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

*How to Set Healthy Boundaries: 10 Examples + PDF Worksheets*  
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