



SETTING NON-VIOLENT LIMITS

1. I can show my feelings and express my fears in ways other than anger.
2. I can change and I can choose the direction of my changes.
3. I can ask for help when I need it and offer help to another when I think it is needed.
4. I can ask for what I want and also know that I cannot always get it.
5. I can tell people when I cannot meet their expectations for me.
6. I can consider new ways of thinking, acting and relating to other people.
7. I can reject stereotypes of how I am “supposed” to be or act.
8. I can express my frustrations, disappointments and anxieties.
9. I can take responsibility for my actions and not allow other people’s behavior to push me into choices that I do not want to make.
10. I can show my strength by choosing not to hit someone who does not meet my expectations.