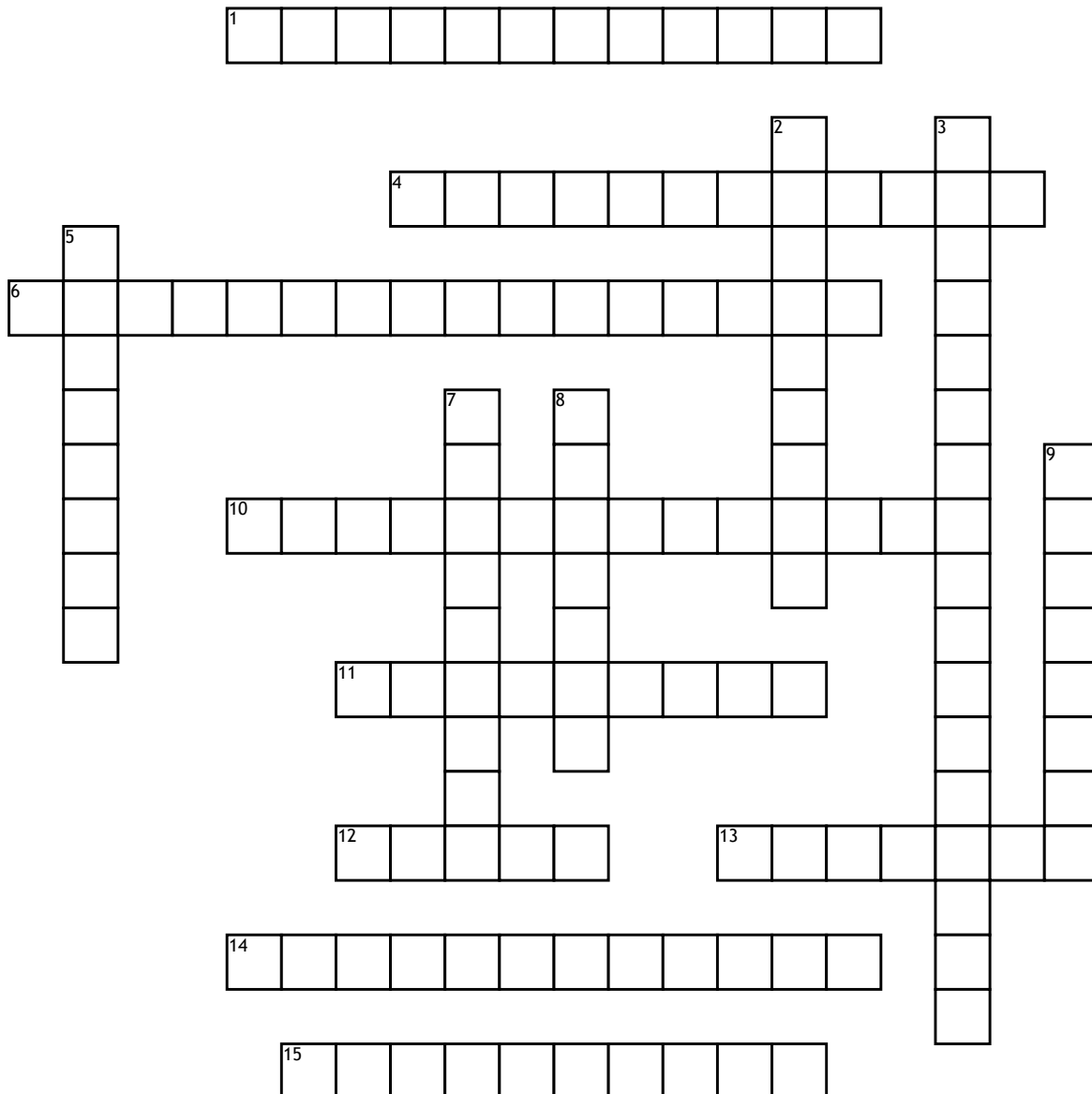


# BOUNDARY POWER



## Across

1. This type of boundary helps define our separateness from others
4. Healthy boundaries empower us to stand against this
6. Hiding behind joking, anger, silence, constantly talking
10. At a job, boundaries given by a company teach us this
11. A determined action resulting from a firm sense of boundaries
12. These are defenses, not boundaries

13. These boundaries are intended to help us have good relationships
14. If we are undisciplined and disorderly, our lives are going to be this
15. Without this being clear and concise we can not develop a healthy life style

## Down

2. If we don't know who we are, we take on this
3. When one trespasses on the other's personhood; tries to control the feelings, attitudes, behaviors, and values

5. A thoughtless emotional response to the offense
7. As we come to know ourselves and our feelings we will be able to develop these boundaries
8. People in healthy relationships will notice maturity and be able to show this behavior
9. Knowing and being known for who you really are in all aspects of life