

CLEAR VALUES ~ STRONG BOUNDARIES

Because I Love, Respect and Approve of Myself, It Is My Responsibility (Value) to:

1. generously and unconditionally love and respect others.
2. take care of myself. Be true to my True Self.
3. listen and speak from my heart until I'm satisfied. To only tell my truth as I see it for me.
4. only give counsel for my wisdom when I am invited and/or paid.
5. have a voice when I see fit, but only when I am sure my motives and intentions are pure.
6. be impeccably radically honest, transparent and stay in integrity with myself.
7. hold true to my strong boundaries and clear values.
8. not participate in violent thoughts, speech and actions. Blaming, bullying, gossip, lies, secrets and putdowns are violent acts.
9. remain in love, not fear. If it's a fear thought it's not the truth.
10. welcome, acknowledge, accept and appreciate every person, place, thing, situation, substance as an opportunity to remember who I am.
11. realize and honor the differences in each person.
12. be grateful for and celebrate all the opportunities I have drawn to me for my own growth and evolution.

It Is My Responsibility (Value) to Be Present/ Observe/ Curious/Listen Attentively/Hold Space:

1. while others think, say, feel, do or act the way they do.
2. if others don't seem to love me the way I love and care for myself.
3. but not need to change them or try to "make them see."
4. and don't give unsolicited advice.
5. when others hear or respond differently than me or voice a different opinion than mine.
6. and not condemn what others see or say as their truth or define integrity differently. I do not know what is right for them.
7. when others have different principles, values and boundaries than mine.
8. if others choose to keep secrets, blame, gossip, put down or don't believe they are lying.
9. if others are fearful and unloving. They are only doing what they are able to do at the time.
10. when others don't believe the same "way" I do. I don't know the right "way" for others.
11. no matter what choice another person decides is right and good for them.
12. even if others choose not to respect, honor and appreciate differences.

If I am reacting in a negative way, I am hooked and still attached and need to look at what my negative thoughts and feelings are, that are being triggered.

Adapted from Rosa Mazone's teachings - Designed and revised by Cate Gerstberger



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