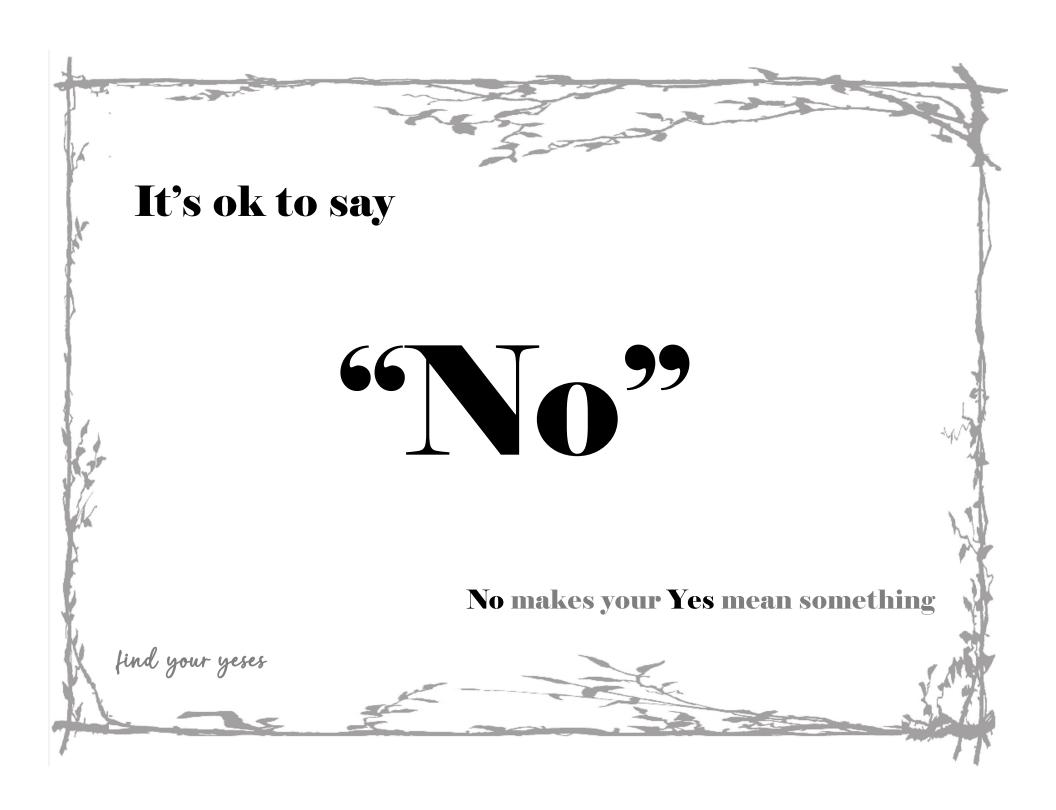




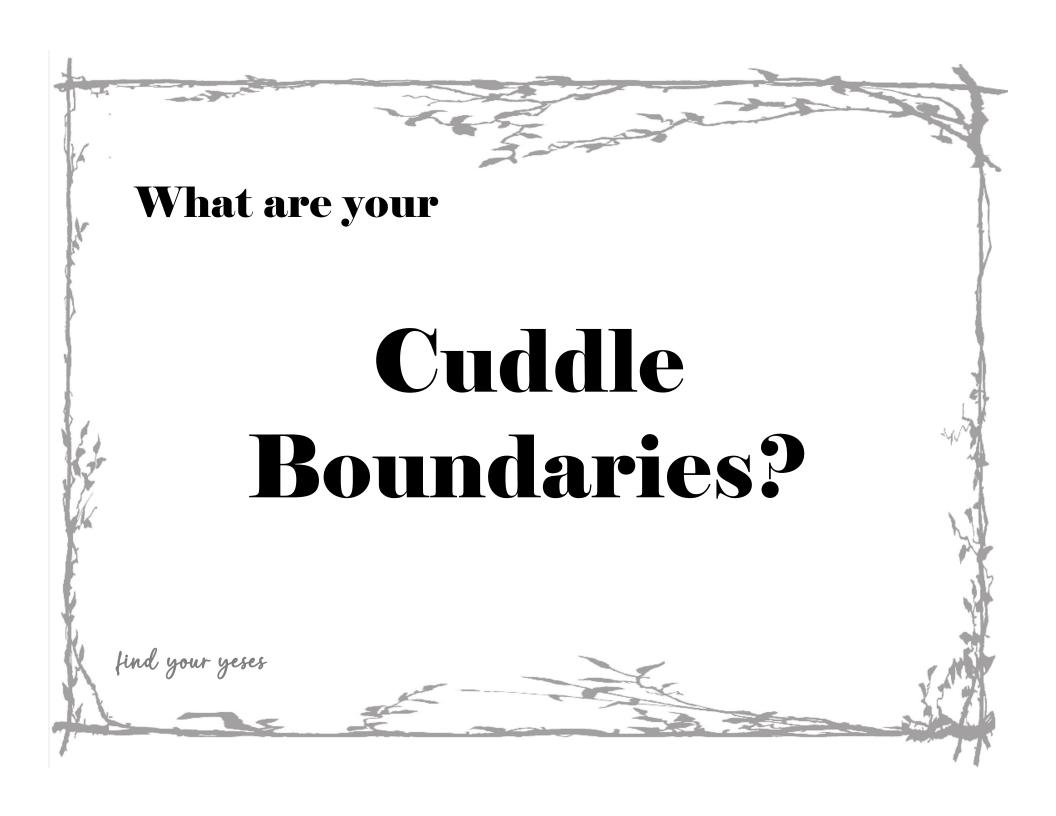
Thank each other taking care themselves

when you get a NO

Rules











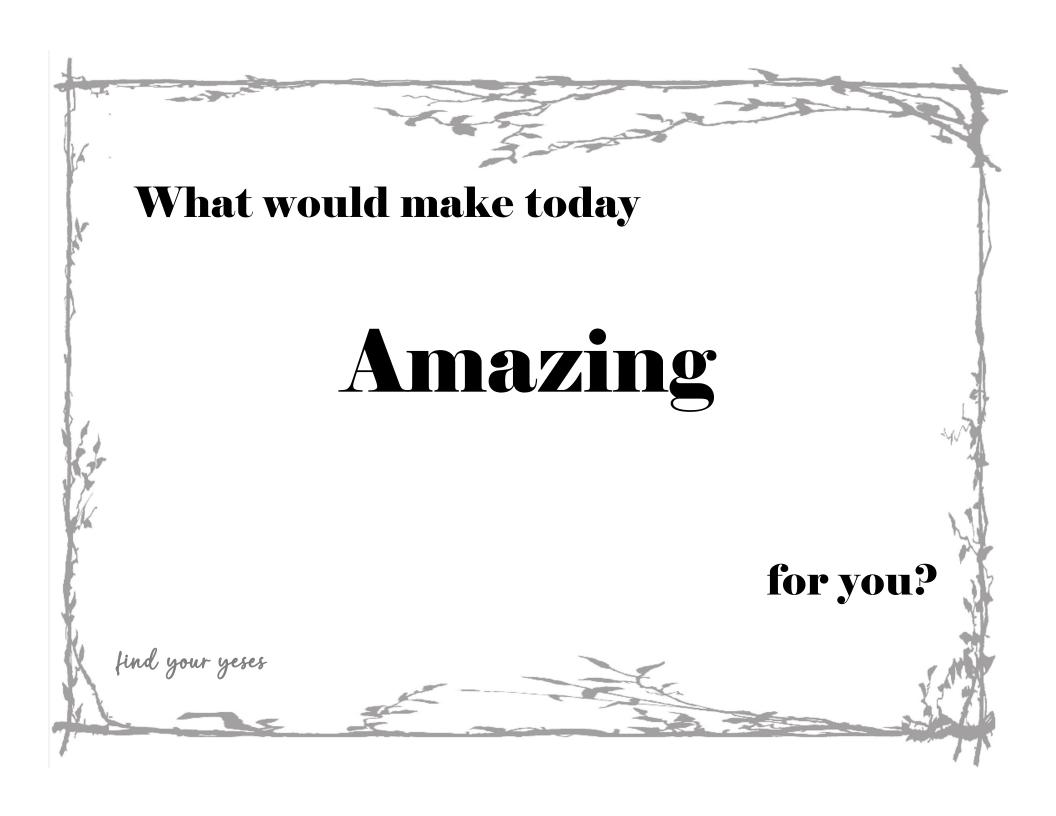
Honor your Boundaries

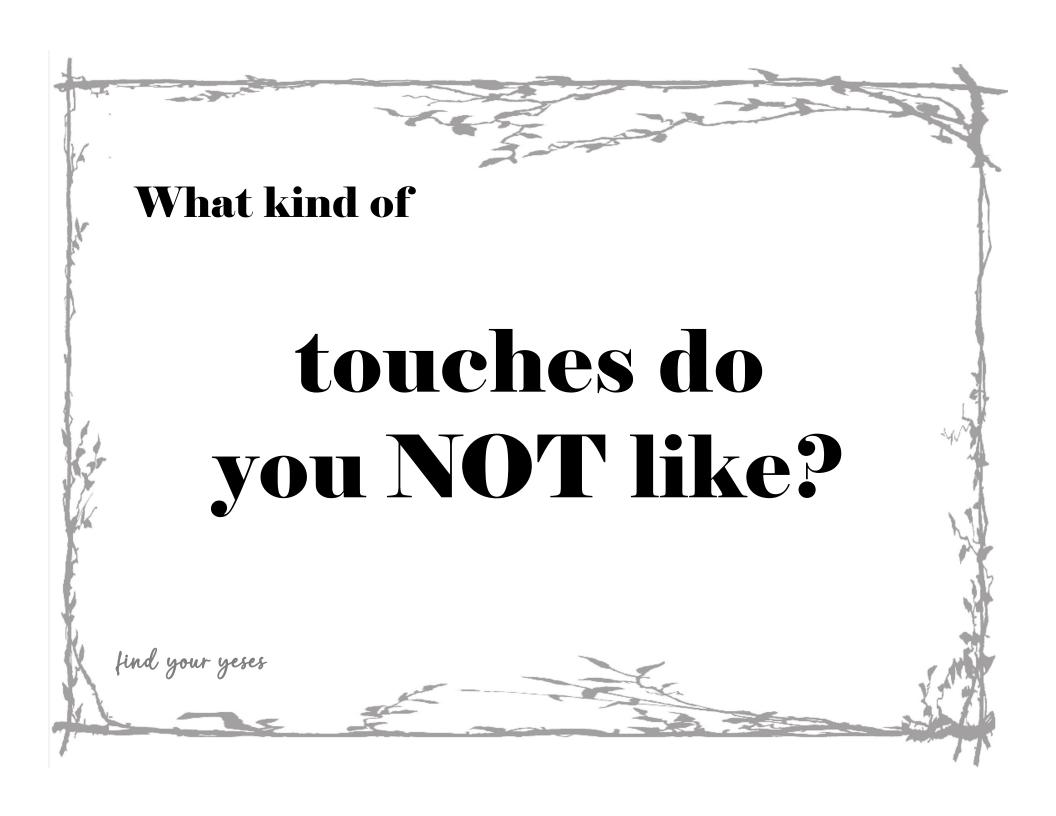
You are under no OBLIGATION to caretake for others

find your yeses

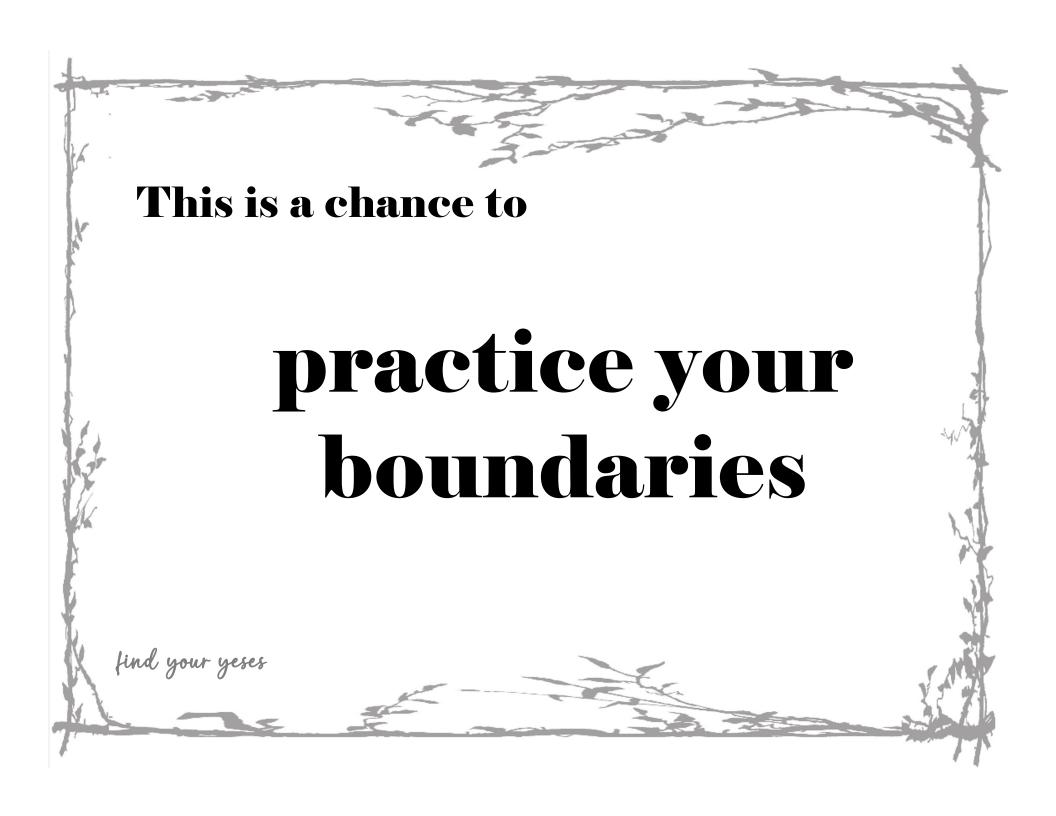
















By Betty Martin

GIVING and **RECIVING**

"Will you ...?"

VS.

TAKING and ALLOWING

"May I ... ?"

find your yeses

