Boundary diary

A record of situations where you gave way, and of what led you to.

> Boundaries don't collapse all at once but in small concessions you forget as you go. After two weeks, look at the **what I was afraid of** column — fears repeat, and there are usually only two or three. Those are the real addresses of the work.

Entries

DATE	WHAT HAPPENED	WHAT I WANTED TO SAY	WHAT I SAID	WHAT I WAS AFRAID OF	HOW I FELT THREE HOURS LATER

Three fears that repeat

1.

2.

3.

Next time

One situation in which I'll say what I think