

Download Beyond Boundaries Learning To Trust Again In Relationships

Over the past few years, I've written about boundaries, your personal limits of what you will and won't put up with, many times. Often, people understand their importance but fear them nonetheless. Learning to trust again after leaving an abusive relationship is an aspect of emotional healing many abuse survivors struggle with. Personal boundaries are the limits you decide work for you on how people can treat you, how they can behave around you, and what they can expect from you.

tions about women's growth and development. Alternative theories of female development were offered by feminist psychologists and researchers beginning in the 1970s (Taylor, 1994).