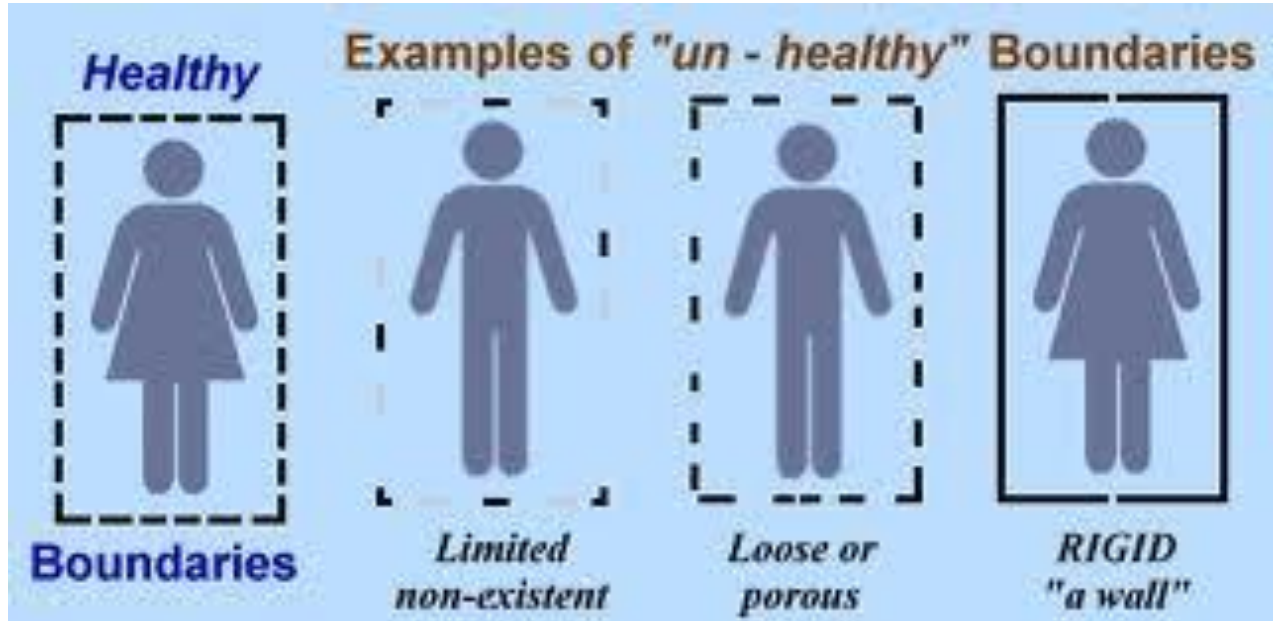


## Establishing Healthy Boundaries

Ishwari Sollohub, LPCC, (505) 231-1697 [www.ishwari.org](http://www.ishwari.org)



“Saying no honors yourself first, which in turn honors others.”

-Lee Horbachewski

“A boundary is any limit I need to honor so I can love or work with you without resentment and with integrity.”

- Dr. David Gruder

