I am going to write about two negative boundary-crossing experiences. In the first boundary conflict I felt empowered, yet I was at risk of physical harm. In the second incident I felt extremely disempowered and victimized, but in the first episode I was in no physical danger. In the second incident I felt extremely disempowered and victimized, but in the first episode I was in no physical danger.

Everyday events show us that how we’re treated can empower or disempower us. For example, the first boundary conflict I felt empowered, yet I was at risk of physical harm. In the second incident I felt extremely disempowered and victimized, but in the first episode I was in no physical danger.

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