

The ABCs of Human Relationships



AGENCY

- Freedom of Choice
- Act Independently
- Free Will
- Self-determination
- Having a Voice

BOUNDARIES

- Limits, Borders, Barriers
- Firm, Solid, Impermeable
- Protection - Physical / Emotional
- “This is Mine, That is Yours”
- Family Hierarchy: parents, sibling subsystems

CHOICES

- Use of Agency
- Pick and Choose
- Select and Elect
- Of One’s Own Volition
- Conscious Decision

CONSEQUENCES

- Result / Outcome
- Effect / Impact
- Pick up the stick, you get both ends
- Aftermath / Aftershock
- Left in the “Wake”