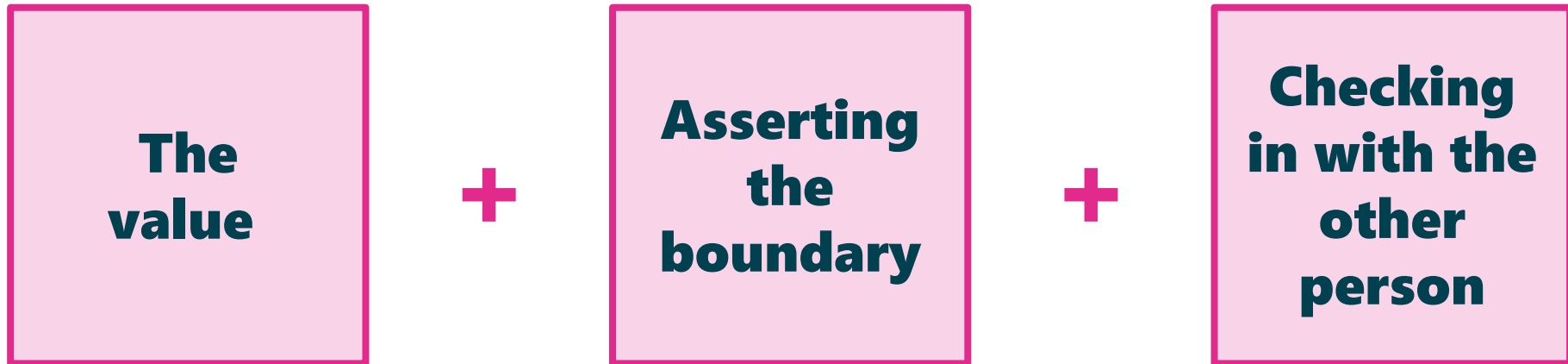


Boundaries Communication Model



"I value the time I spend after work with my children" (value)

"therefore, I cannot answer e-mail after 6 pm. You can send the e-mail and I will answer the following day asap." (boundaries)

"Is that ok with you?" (checking)

