

Battle Plan

FLESH SERIES

1. Identify boundaries needed (e.g. no time alone with each other unless in public or other people are around, not touching where swimsuit covers)

A.

B.

C.

D.

2. Trigger points to crossing boundaries (e.g. disagreements, spending time together after a long day, being up late or bored)

A.

B.

C.

D.

3. Action steps (e.g. calling a friend if triggered by anything above, removing myself from the situation)

A.

B.

C.

D.