

DIL Boundaries

1. What request do I want to make of my DIL?

Make sure the request is coming from a space of love, not anger.

2. What is the consequence or action I will take, if DIL doesn't honor this request?

Remember, this is an action you'll do, not an action your DIL will or won't do.

3. Have the DIL Boundary conversation, from love, and note what comes up for you. This is a great time to do a DIL T or F and notice what thoughts you have about DIL.

4. If DIL Boundary request is not followed, follow through on the consequence you discussed with your DIL. Again, another great time to do a DIL T or F and notice what thoughts you have about you and your DIL.

Do DIL T or F often, so you become aware of the thoughts you have about your DIL, and are intentional about the ones you keep as you're creating your DIL Boundaries. The video is always available as a resource. Bring any questions and situations to be coached on to Lovin Me.

~Lovin My DIL~

LeAnn Austin
COACHING