

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.