

The Art of Boundaries: Establishing Healthy Limits in Intimate Relationships

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Intimacy and Connection Building Tips

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Establishing healthy boundaries is an art that requires patience, understanding, and open communication. When both partners actively participate in this process, the relationship becomes a safe haven for love, connection, and personal growth. So, how do you navigate boundaries in your intimate relationships? What challenges have you faced, and what strategies have you found helpful? Share your thoughts and experiences below! ??

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