THEY ARE WHO THEY ARE

Allow your person of focus to be who they are. So, who is that person?
What do they do? How do they act? What are they consistent about?
If you aren't trying to control them or interfere, who are they in their actions?

Why do you imagine that person does these things and is this way?
What thoughts do you imagine drive that person's actions?

BOUNDARIES

Allowing your person of focus to be who they are, what are you prepared to accept?
What are the consequences of them violating your boundary?
Remember, a boundary is set from love, to protect you.
A boundary is not a threat, or manipulation. A boundary is a request, and a consequence.
“If you...
then I...”
Write your boundaries here, and commit to honouring your decided consequences.