

MOD 4

Self Respect & Boundaries

Real power doesn't chase. It holds space with unshakable standards.

HOW SOLID ARE YOUR STANDARDS RIGHT NOW?

Rate each honestly (1 = not at all, 10 = completely true of me today):

I hold my standards even when it costs me something	Never	1	2	3	4	5	6	7	8	9	10	Always
I do not chase approval from women or adjust myself to earn it	Chase her	1	2	3	4	5	6	7	8	9	10	Never chase
People in my life know what I will and will not accept	They don't	1	2	3	4	5	6	7	8	9	10	Crystal clear
My self-respect feels solid, warm, and growing	Thin	1	2	3	4	5	6	7	8	9	10	Rock-solid

BOUNDARY AUDIT — WHERE DO YOU FOLD?

CORE TRUTH

Real power does not chase. It holds space.

Emotional boundaries make women feel safe — and irresistibly drawn to surrender.

A man without standards is not free. He is available to everyone and chosen by no one.

Where do you currently compromise your standards to avoid conflict, lose approval, or keep the peace?

1 _____

2 _____

3 _____

What behavior have you been accepting from others that your highest self would not tolerate?

1 _____

2 _____

3 _____

MY COMMITMENT THIS WEEK

I commit to:

Signed: _____ Date: _____

INSTALL YOUR UNSHAKABLE STANDARDS

Name 3 standards you are installing — behaviors you will hold to regardless of reaction:

1 _____

2 _____

3 _____

THE BOUNDARY COMMUNICATION FRAMEWORK

HOW TO HOLD THE LINE WITHOUT ANGER

State it clearly, once, without apology: 'I don't accept ___ in my life.'

Do not explain, justify, or negotiate. Say it. Mean it. Let the silence do the rest.

The man who over-explains his standards has already weakened them.

Practice writing your boundary statement for each standard above:

1 _____

2 _____

3 _____

4 _____

5 _____

SELF-RESPECT GROWS WITH EVERY HELD STANDARD

Check off each time you held your standard this week instead of folding:

MON	TUE	WED	THU	FRI	SAT	SUN
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POWER QUESTION

Every time you hold a standard, your self-respect grows thick, warm, and rock-hard.

Every time you fold, it thins. Which direction did you move in most this week?

Reflection:

1 _____

2 _____

3 _____

4 _____