

Download Beyond Boundaries Learning To Trust Again In Relationships

Learning to trust again after leaving an abusive relationship is an aspect of emotional healing many abuse survivors struggle with. Over the past few years, I've written about boundaries, your personal limits of what you will and won't put up with, many times. Often, people understand their importance but fear them nonetheless. Gary Gilles is a Licensed Clinical Professional Counselor in private practice for over 20 years. He is also an adjunct faculty member at the University...[Read More](#) You may not give much thought to the existence of boundaries in your daily life, but they are everywhere. For example, when you are Does your boy or girlfriend, husband or wife, keep hidden pictures on the computer of former lovers? A reader posted a question to "Ask Dr. Schwartz" entitled: "My Boyfriend Saved Pictures of his Ex-Girlfriend on His Computer." Following is a sample of two responses to this question that was