

No Skunks Behavior List

You have had some time to consider the behaviors you will not accept in your connections. Now capture them clearly. Use the two categories below to sort the behaviors that matter most to you.

Heck No = behaviors that are absolute deal breakers.

Hmmm = behaviors that give you pause, require caution, or need more information before you decide.

Be honest. Be specific. Trust your instincts.

Tip: If you get stuck, think about past connections that drained you or made you uneasy. What behaviors were present? Those belong here.

Heck No	Hmmm
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Look at your “Heck No” and “Hmmm” lists and consider what they say about your boundaries. These patterns are clues to the connections you should pursue and the ones you should release.