# SHIELD Defense Protocol

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Explore a workplace-boundary framework for responding to potentially manipulative situations.

## What this guide covers

- Notice pressure and gaps in information.
- Practice delaying a response and checking facts.
- Define boundaries and identify support.

## Who this is for

For readers exploring this topic.

## Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

## Book details

Format: Guide. Pages: 14. Words: 950.

**Download availability:** After payment, download the complete ZIP package or the included PDF separately.