

# \* Boundaries 101 \*

Boundaries are limits we set for ourselves. Everyone's boundaries are different, and they are based on what is personally important to us. Boundaries can be set in several aspects of life, such as work, relationships, family, and in conflict. Boundaries can be physical or emotional limits and help to determine a person's comfort level, needs, and preferences. Essentially, boundaries dictate how we want/ allow ourselves to be treated, and how we treat others. Healthy boundaries allow for accountability, respect, and open communication.

If you grew up in a home where no boundaries were set or where people violated your boundaries, setting and maintaining boundaries may be difficult. It is okay if it is hard. Setting clear boundaries is not selfish, it sets the tone for healthy relationships and is an important part of one's own well being. If you ever notice you feel resentful or drained by a person/place/situation, it may be time to look at the boundaries. Remember, boundaries are not threats or ultimatums. Sometimes it is hard for other's to respect our boundaries, but this is not a reflection of you.

## \* Healthy boundaries look like... \*

- valuing your own opinion
- respecting limits set by you/ others
- not compromising own values for someone else
- sharing information appropriately
- effectively communicating needs/wants
- accepting "no" from others
- being able to say "no"
- being able to identify when a boundary has been broken

## \* How to set boundaries \*

Setting boundaries may take time and practice. Don't get down on yourself if it feels hard.

1. Identify what behaviors from others is acceptable for you, and what might cause discomfort
2. Clearly communicate your boundaries with others. Learn to say no and be assertive.
  - a. You can choose to explain yourself, or not. Remain confident, respectful and assertive either way.
3. Decide what to do if someone breaks your boundaries. This may mean a tough discussion, taking time away, or ending a relationship.

Ex: Please don't do that. (Please don't take my food without my permission)

Ex: I'm not comfortable with this. (I'm not comfortable going to that person's house)

Ex: I need some time alone when I get home.

Ex: I want you to tell me how you feel, but it is not okay for you to yell at me or slam things.

Ex: I want to hangout this weekend, but is not okay to bring alcohol or drugs. If you do, I will leave

Ex:

## \* What are your boundaries? \*

- What is important to me?
- What are some of my boundaries?
- How do these boundaries protect my values?
- What boundaries do I need to set?
- How can I effectively communicate my boundaries?
- How can I set & maintain these boundaries?
- Why are my boundaries important to maintain?
- How do my boundaries vary depending on the person/ setting?