

# Setting healthy boundaries



## What are boundaries?

Personal limits (physical, emotional, social, mental, spiritual)

Help us to draw the line between self and others

Clear boundaries teach others how to interact with us

## Why are they important?

Allow you to value your own feelings and needs

Keeps you from overextending yourself

Allows you to have better relationships with others

# How to set boundaries

## Work on building self-awareness.

It is easier to set boundaries when you have a clear sense of who you are:

- What are your strengths? What are things you accept about yourself that you cannot change?
- How did your early family experiences shape you? What did you learn about boundaries in your family of origin?
- What are your successes? What are you proud of?

## Make time to focus on yourself rather than others.

You need to take the time to be aware of your own needs and wants. This is not selfish - this is self-care.

## Learn to say no.

Respect your limits and learn to get comfortable saying no. Saying no is linked to greater self-confidence and allows you to preserve your time and stay true to yourself.

## Practice communicating and making your boundaries clear to others.

Some examples of setting clear boundaries:

- I want to hear about your day, I will be able to give you my full attention in 15 minutes
- I will be happy to talk with you when your voice is as calm as mine
- You can borrow my book as soon as you replace the one you lost