

SETTING HEALTHY BOUNDARIES

Boundaries are ways to communicate our needs to others via words and actions. In relationships, boundaries help you define what you are comfortable with and how you would like to be treated by others. It is not just about telling other people what to do, but also about holding yourself accountable for creating your life.

3 STEPS TO SETTING A BOUNDARY

1. COMMUNICATION

a) Be clear and focus on the solution, not the problem

- What would you like?
- The boundary is the solution

b) Assertively and explicitly state what you need and want, or say no

- "I want/need/expect..."
- "Next time..."

Example:

"I need you to call me in the evening. I can't answer your calls during work hours."

2. ACTION

Uphold what you communicate through your behaviour.

Example:

Do not answer the call during work hours.

3. MANAGE DISCOMFORT

Practice self care and coping strategies to manage uncomfortable feelings.

Example:

Practice deep breaths and say positive affirmations.

AFFIRMATIONS FOR PEOPLE WHO STRUGGLE WITH BOUNDARIES

- I'm entitled to have expectations
- In healthy relationships, my desires will be respected
- After I set limits, people will remain in a relationship with me
- I can set standards even through my discomfort
- Little by little, I can keep small promises to myself
- Small wins are big wins
- I'm learning and I'm allowed to make mistakes because I'm human

BOUNDARIES CAN SOUND LIKE...

No.

I need some time alone.

I know I said yes earlier, but I've changed my mind.

I appreciate your opinion, but this is my decision.

I'm not able to go today.

Thank you for thinking of me, but I can't.

I feel uncomfortable when... I want...