

QUESTIONS TO ASK YOURSELF WHEN SETTING BOUNDARIES:

How do you speak to yourself and hold yourself accountable for things?

(Ex: I will protect my peace by saying no to others.)

What are your needs for personal space and privacy? *(Ex: I need you to ask permission for hugs. I need you to stand 2 feet away.)*

How do you protect your emotions and opinions? *(Ex: I need to be allowed to cry when I am sad. I need my feelings validated.)*

How do you expect others to speak to you? *(Ex: I need others to speak to me in a calm tone. There are some things I don't want others to talk about around me.)*

EVERYONE IS DIFFERENT.

What bothers me, may not be a big deal to you.
What bothers you, may not be a big deal to me.

We have all had different experiences that shape how we act and think.

This is why it is so important to tell others what you need from them. They haven't walked in your shoes. They don't know your struggles.

It's equally important for you to listen to the needs of others. Respect that their needs may be different - and that's okay!

Look for clues that others aren't comfortable. (You may be standing too close or talking about something they don't want to discuss.)

- They have a worried look on their face.
- They take a step or two away from you.
- They look fidgety or anxious.

Can you think of another? Explain:

How do you act when you feel uncomfortable?

HEALTHY BOUNDARIES

Boundaries include what we will and will not accept from others.

Boundaries are the guidelines, rules, and limits each person has for themselves to keep them safe, healthy and respected.

Boundaries are important because they protect your mental and physical well-being. They encourage healthy relationships. When you set boundaries, you teach others how to set them too.

QUICK TIPS:

- Be clear and up front about your needs.
- Let go of guilt (it's not an attack on others)
- Practice saying no without excuses.
- Practice having courageous conversations when others disrespect your boundaries.
- Maintain boundaries with gentle reminders.

My boundaries:

**IF YOU DON'T DEFINE YOUR BOUNDARIES,
OTHERS WILL DECIDE FOR YOU.**

List some fears and needs to find your boundaries. Examples:

Fears: I'm afraid of others making fun of my size.
I'm afraid of getting in water.

Needs: I need to be in charge of my personal space.
I need to plan ahead to feel safe.

Be brave enough to communicate your needs.
Be clear but not bossy. Practice:

I enjoy your stories, but right now I need:

You're a good friend, but it hurts my feelings when

FEARS:

Things that make me feel unsafe or uncomfortable:

WANTS/NEEDS:

Things I must have to feel safe and respected:

Maintaining Boundaries:

It can feel uncomfortable to set and keep boundaries.

You will have to accept

- being judged by others
- hurting someone's feelings
- occasional conflict
- losing some friendships that aren't healthy

“NO” IS A COMPLETE SENTENCE.

NO EXCUSES NECESSARY

It's okay to say no to things that you don't feel good about.

You don't owe anyone an excuse.

Practice saying these things without adding an excuse.

**NO THANKS.
NO, I'M NOT ABLE
TO DO THAT.
NO, I'D RATHER NOT.
NO.**