

# Setting Healthy Boundaries

## Personal Boundary

Personal boundaries are the rules and limits we set for ourselves. Simply put, boundaries teach others how to treat us.

## The Importance of Values

Boundaries are rooted in your personal values. What you value most often guide the limits you set. For example, if you value your romantic relationship above all other things, the limits (or boundaries) you set around your relationship will be stricter.

## Limits Matter

Knowing what you find acceptable and unacceptable is an important part in setting healthy boundaries.

Knowing where you draw the line, prior to finding yourself in a boundary crossing situation will help ensure you hold firm to your boundaries.

## Stand Up For Yourself

Being assertive is important in boundary setting. It's not really a boundary if you continuously allow others to cross it. Get into the habit of respectfully, but firmly saying "no" when you feel your boundaries have been compromised.



# Setting Healthy Boundaries

cont.

## Thinking Ahead

The time to plan is before you find yourself in a difficult situation. Use the tools below to help you.

## Things you can say

"This is not acceptable"

"Please don't do that"

"I've decided not to"

"I'm not comfortable with this"

"This doesn't work for me"

"I'm drawing the line at"

"I don't want to do that"

"Not this time"

## Things you should do

### Body Language

Make eye contact, stand/sit erect, speak clearly and confidently.

### Content

Be respectful, but firm. Avoid yelling and/or put downs.

### Preparation

If the person has crossed this boundary before, or you suspect it may become a problem, think about how you want to approach the situation *before* it ever presents itself.

### Compromise

While it's important to have boundaries, there's also a time and place for compromise. If you feel comfortable, go for it. You don't have to compromise, but compromise may strengthen relationships.

