

SETTING BOUNDARIES

Personal boundaries are the rules we set for ourselves within relationships. Healthy boundaries means preventing others from projecting their beliefs and/or judgements onto you.

HEALTHY BOUNDARIES

A person with healthy boundaries can say "no" to others when they want to but also feel comfortable opening up to others. This is not as easy as it sounds.



KNOW YOUR BOUNDARIES

Boundaries should be based on your beliefs and values (i.e., the things that are important to you). These may or may not align with others but that is ok...they are YOURS.

BE PREPARED

Before entering a situation where boundaries may be violated, set the boundaries for yourself explicitly. For example, if you have to interact with someone who is very critical or condescending, tell yourself "If I feel disrespected or judged in any way I will concisely state my feelings without having to explain and then remove myself from the situation."



BE CLEAR AND CONCISE

You always have the right to express yourself. When you do, make sure it is clear and without ambiguity. YOU DO NOT HAVE TO EXPLAIN YOURSELF.

Examples are given below.

EXAMPLES OF WHAT TO SAY

"Please don't speak to me that way."

"I've decided not to ___"

"I've decided to ___"

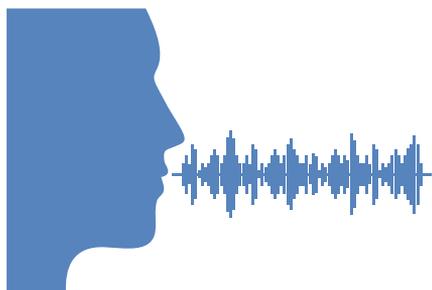
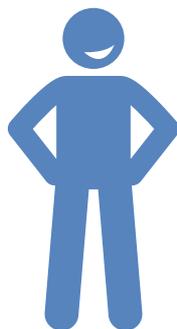
"I feel belittled by you and that will not work for me."

"I appreciate your opinion but I simply disagree with you."

WHAT TO DO

CONFIDENT BODY LANGUAGE

Face the other person, make eye contact, and use an appropriate volume of speech (not too loud or soft).



RESPECTFUL TONE

You always have the right to express yourself. When you do, make sure it is clear and without ambiguity.

PLAN AHEAD

Think about what you are going to say and how you are going to say it prior to a difficult encounter. This will help boost confidence in yourself.

COMPROMISE WHEN APPROPRIATE

You don't HAVE to compromise. But consider listening to the other person's point of view and appreciate their needs as much as possible. Healthy relationships require "give and take."