



Boundaries



"Clear is Kind" -Brene Brown

What are Boundaries?

- Limits we set with others
- Give us control over physical, mental and emotional space
- Helps establish identity: where I begin and end and you begin and end

Benefits of Boundaries

- Creates good mental and emotional health
- Develops identity and independence
- Reduces burnout

Types of Boundaries

- Physical
- Emotional
- Material
- Sexual
- Time

Signs of Weak Boundaries

- Going against your values
- Pleasing others
- Withholding your feelings

How to Set Boundaries

- Practice Assertiveness
- Use "I" Statements
- Learn to Say No