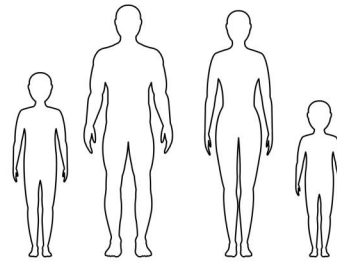
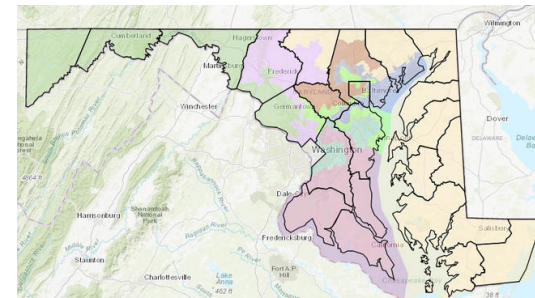
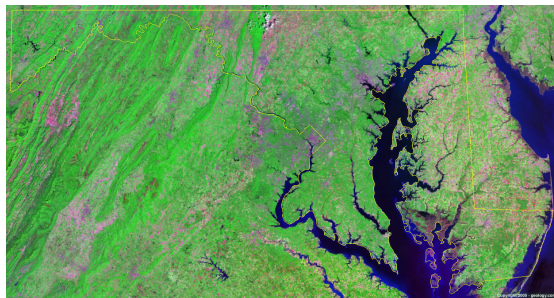


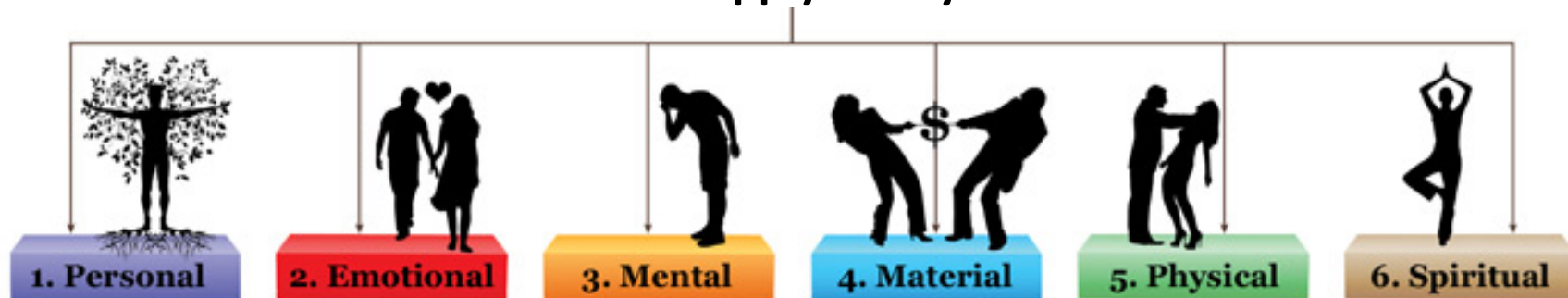
What are boundaries?



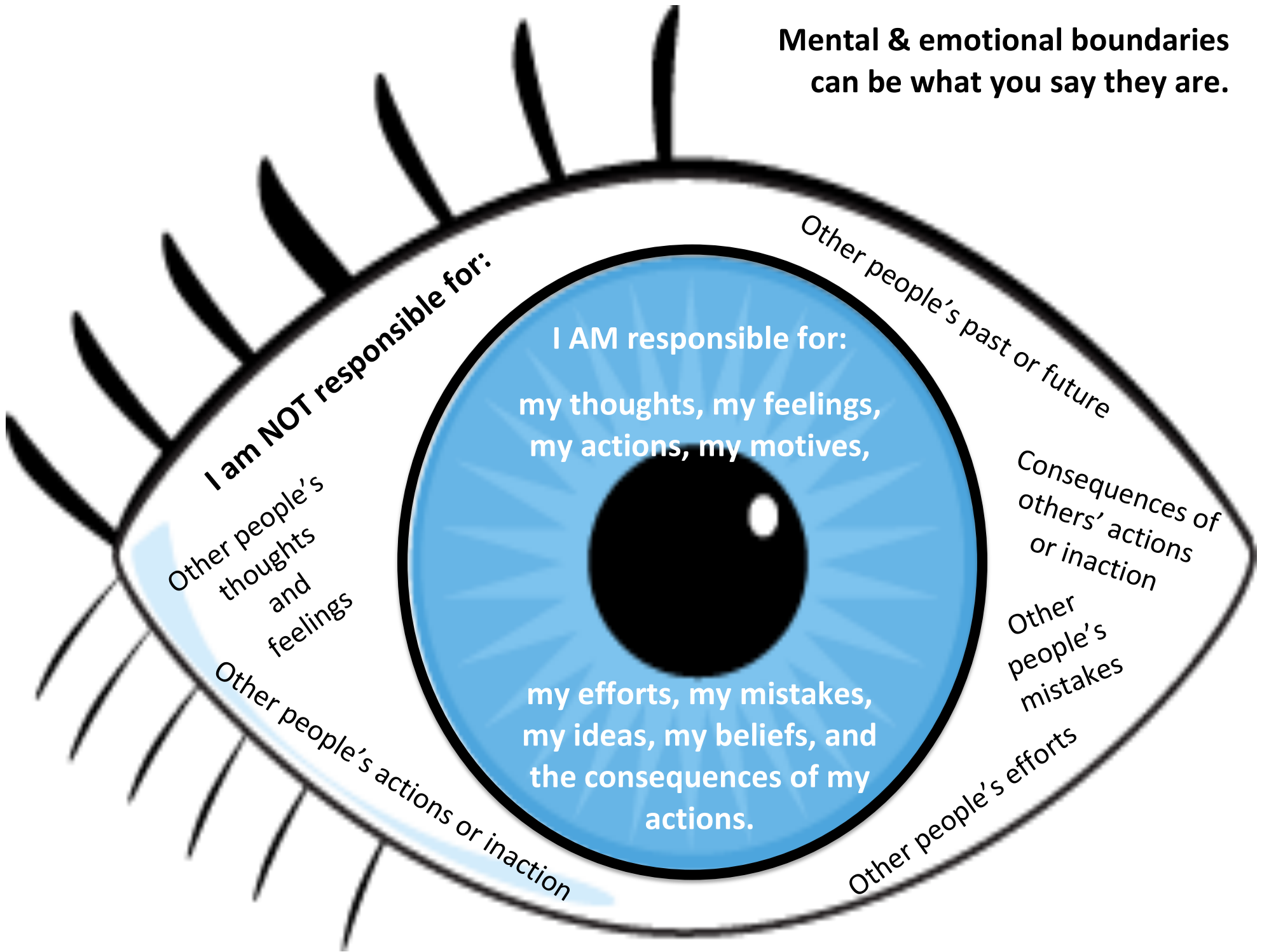
Boundaries can be visible (physical) or invisible (declared & enforced).



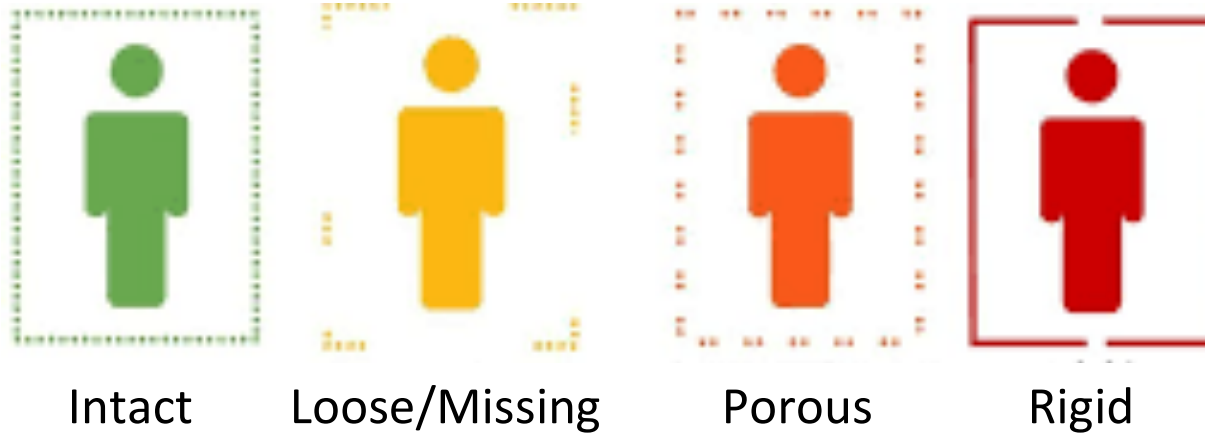
Boundaries can apply to any area of life.



**Mental & emotional boundaries
can be what you say they are.**



Boundaries can be confusing, especially if they have been violated.



COMMON TRAITS OF PERSONAL BOUNDARIES

RIGID BOUNDARIES

- Avoids intimacy and close relationships
- Unlikely to ask for help
- Has few close relationships
- Very protective of personal information
- May seem detached, even with romantic partners
- Keeps others at a distance to avoid the possibility of rejection

POROUS BOUNDARIES

- Overshares personal information
- Difficulty saying "no" to the requests of others
- Overinvolved with other's problems
- Dependent on the opinions of others
- Accepting of abuse or disrespect
- Fears rejection if they do not comply with others

HEALTHY BOUNDARIES

- Values own opinions
- Doesn't compromise values for others
- Shares personal information in an appropriate way (does not over or under share)
- Knows personal wants and needs, and can communicate them
- Saying "no" without guilt
- Accepting when others say "no"

The psychotherapeutic concept of boundaries is an invitation to consciously consider what you're willing and not willing to do, and to re-establish your boundaries in alignment with inherent self-worth, dignity, and personal goals.

Benefits of Setting Healthy Boundaries

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- MORE COMPASSION
- GREATER ASSERTIVENESS
- YOUR NEEDS ARE MET
- LESS ANGER AND RESENTMENT
- FEELING OF PEACE AND SAFETY
- TIME AND ENERGY TO DO THINGS THAT NOURISH AND BRING JOY TO YOUR BODY, MIND, AND SPIRIT
- FEELING RESPECTED BY YOURSELF AND OTHER
- LESS CONFLICT IN RELATIONSHIPS
- IMPROVED COMMUNICATION
- GREATER SELF-ESTEEM
- LESS ANXIETY AND STRESS
- INCREASED CONFIDENCE
- FEELING UNDERSTOOD AND ACCEPTED BY FRIENDS AND FAMILY

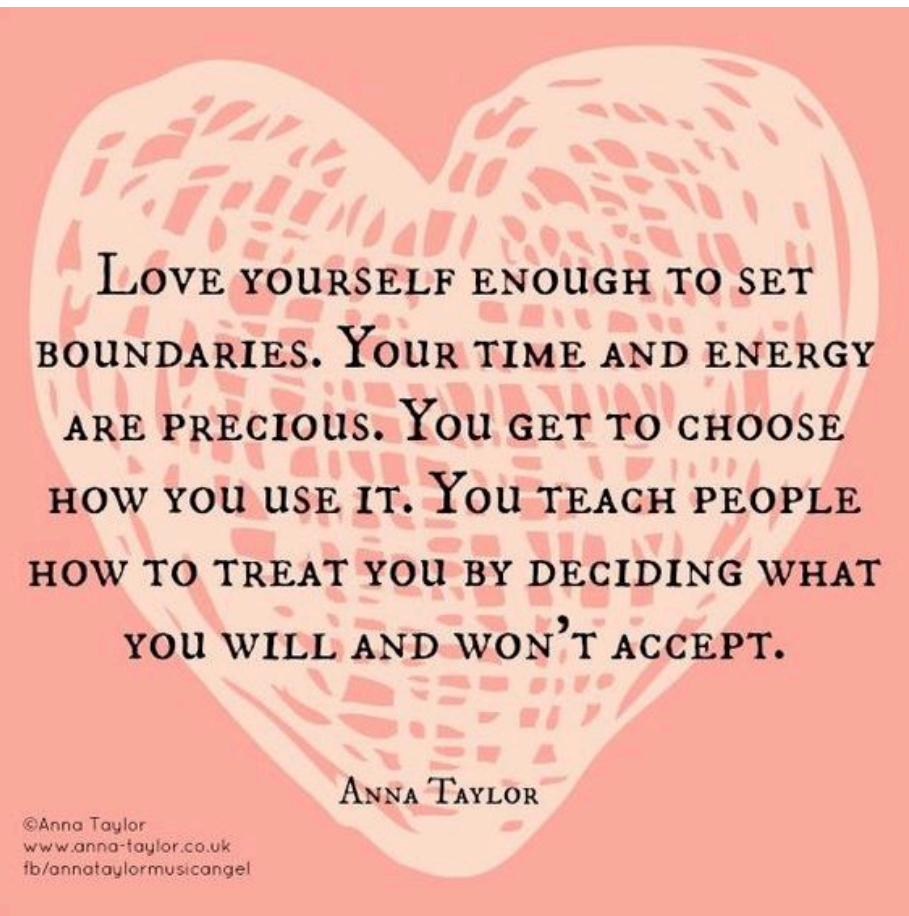
based on the workbook: *Setting Boundaries Without Guilt* by Sharon Martin, LCSW

DARING TO SET BOUNDARIES IS ABOUT HAVING THE COURAGE TO LOVE OURSELVES, EVEN WHEN WE RISK DISAPPOINTING OTHERS.

BRENE BROWN

IF YOU KEEP YOUR BOUNDARIES, THOSE WHO ARE ANGRY AT YOU WILL HAVE TO LEARN SELF-CONTROL FOR THE FIRST TIME, INSTEAD OF "OTHER CONTROL."

Updated & Expanded



LOVE YOURSELF ENOUGH TO SET
BOUNDARIES. YOUR TIME AND ENERGY
ARE PRECIOUS. YOU GET TO CHOOSE
HOW YOU USE IT. YOU TEACH PEOPLE
HOW TO TREAT YOU BY DECIDING WHAT
YOU WILL AND WON'T ACCEPT.

ANNA TAYLOR

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fb/annataylormusicangel

Saying YES to happiness
means learning to say NO
to things & people that
Stress you out

□□□

Givers need to set
limits because
takers rarely do.

-RACHEL WOLCHIN

Happily Imperfect | Psych Central

NO.

"No" is a complete
sentence.

I have to set limits
for my own wellness
and even though I
may say no to you
it doesn't mean
it's even about you
I'm just taking care
of me

myworth.com
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Helpful Phrases for Saying "No"

- I can't give you an answer right now, will you check back with me?
- I want to, but I'm unable to.
- I'm not able to commit to that right now.
- I really appreciate you asking me, but I can't do it.
- I understand you really need my help, but I'm just not able to say yes to that. I'm so sorry.
- I'm going to say no for now. I'll let you know if something changes.
- I'm honored that you would ask me, but my answer is no."
- No, I can't do that, but here's what I can do . . .
- I just don't have that to give right now."