

Boundaries

Boundaries

Definition

Guidelines, rules and limits that a person sets so others know what feels safe and acceptable for them

Categories

Physical

Material

Mental

Emotional

Boundaries

Physical

Who has permission to touch you and how, alongside how much personal space you require.

This also refers to what level of intimate touch is acceptable, as well as where, when and with whom

Material

How others may (or may not) access your material possessions

Boundaries

Mental

You define your thoughts, values and opinions. In order to have mental boundaries, you must first know what you believe in

Emotional

Your feelings are always legitimate

It's also your call whether you share intimate details about yourself, how many and with whom

Boundaries

Types

Rigid

Porous

Healthy

Establish Healthy Boundaries

1. Set
2. Communicate
3. Enforce

Boundaries

Set

Be specific about what you want

Distinguish between:

- Preferences
- Desires
- Deal breakers

Boundaries

Communicate

Express yourself in a calm and clear way

Open to listen to the other, discuss, negotiate and ultimately, hearing yes or no

If discussion escalates, offer to take a break and come back to it later

Boundaries

Enforce

- First time offender
- Repeated offender
- Boundary destroyer

Boundaries

First Time Offender

People to whom you have never actually expressed a boundary request with words

Repeated Offender

People to whom you have stated your boundaries and yet they continue to cross the line that you have explicitly drawn

Boundaries

Boundary Destroyer

They disregard other people's boundaries, no matter how eloquently they are stated, partly because they feel like they are above limits (and in some cases, actual laws).

Do not take your best interests into account at all

Boundaries

Boundary Destroyer

Other people matter only to the extent that they can serve their worldview

Their version of reality is the only reality

Your safety must be your top concern at all times

Boundaries

Enforce

Add consequences to your boundary request and then follow through

Consequences should be commensurate to the boundary violation

Being consistent with your behavior is imperative

Boundaries

Conclusion

You don't owe anything to anyone (including your family) except being fair and correct