

What are Boundaries?

What is a boundary?

Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships. (Therapist Aid)

Who are some types of people we interact with regularly?

(example: mom, dad, friend from work)

When do we want to have boundaries with people in our lives?

(example: When my friend Sally from work calls me in the middle of the night)

Why do we want to set boundaries with people?

(example: So my friend knows that I don't want her to call me in the middle of the night)

What are some examples of personal boundaries?

(example: Please do not call or text me between 10 p.m. and 8 a.m.)

What are some examples of 'I' Statements?

(example: I + feeling + when you + behavior that is bothering you)

Setting a Boundary with Someone

Who is the person that there is an issue with?

(example: my friend Sally from work)

What is the issue?

(example: my friend Sally calls me or texts me after I go to bed. Its interrupting my sleep and I'm getting really tired of it.)

How does it make you feel when they do the thing that bothers you (use an 'I' statement)?

(example: I feel frustrated when you call me in the middle of the night. It interrupts my sleep and I have a hard time going back to sleep after you call.)

What is the boundary?

(example: Please do not call or text me between the hours of 10 p.m. and 8 a.m. *Remember to be specific*)

What will you do if they do not follow that boundary?

(example: I may need to talk to them about it again or I may need to block their number from my phone)

When will you talk about it with them? (make sure it is done **privately**- with you and the other person). You can use this sheet as a guide when you talk with that person.

*It is also important to respect others' boundaries they have set! * What is a time someone may have set a boundary with you? How did it make you feel?