



HOW TO? SETTING BOUNDARIES

Okay like, what even is a “boundary”? Boundaries show where one thing ends and another begins. In short, boundaries help you figure out **what you are comfortable with** and **how you would like to be treated by others**. They apply to any kind of relationship you have – whether with a friend, family member, partner or anyone else in your life. It can be helpful to decide on & share your boundaries alongside the other person(s), try it out with the T-table below! 😊

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♥ If you get stuck, check-out some **Tips & Tricks** on the backside of this sheet ♥

TIPS & TRICKS SETTING BOUNDARIES

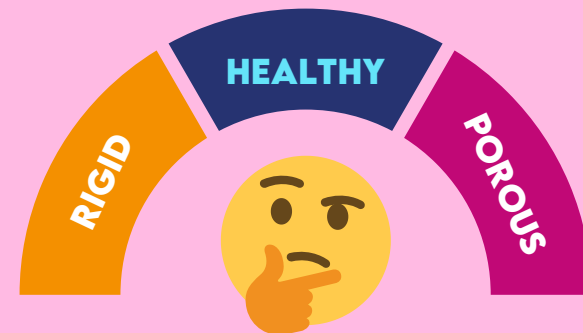


TYPES OF BOUNDARIES

Do my boundaries address ..

EMOTIONAL	.. limits on sharing personal feelings and information with others
PHYSICAL	.. limits on physical touch or personal space
SEXUAL	.. limits on sexual activity and behavior
VERBAL	.. limits on what others can say to you , or on how much you want to talk about a certain topic
TIME	.. limits on how much time you spend with others or doing certain activities
MATERIAL	.. limits on sharing personal possessions or finances with others

THE BOUNDARY SCALE



Do my boundaries...

.. push others away or make it hard for me to open up to others?	.. open the door to those who I deem are a good fit for me ?	.. bring everyone close, without seeing if they're a good fit for me ?
.. make it hard for me to ask for help ?	.. empower me to try things on my own , and ask for help when I need it?	.. make it hard for me to do things on my own ?
.. make it harder to adjust to change or try new things ?	.. help me find a balance between change & routine ?	.. make it hard to settle into a routine or habit ?