

BUILDING HEALTHY BOUNDARIES: RESPECT YOURSELF, RESPECT OTHERS



Boundaries are limits that protect you. They keep your feelings, space, time, and belongings safe, helping you feel comfortable and respected.

Example: - Saying no to a hug if you don't want one - Asking for quiet time - Not sharing private information online - Asking someone to respect your personal items

There are many different types of boundaries.

Boundary Type	What it Protects	Example
Physical	Your body, space, touch	I don't like being hugged by strangers.
Emotional	Feelings, support, respect	I need you to listen without judging me.
Time & Energy	How you spend your time	I need rest and cannot work late.
Material	Belongings, money, property	I don't lend money to friends.
Mental & Beliefs	Thoughts, opinions, values	Please don't insult my beliefs.

Steps to Setting Boundaries:

- Notice – Pay attention to what makes you uncomfortable
- Decide – Be clear about your limit
- Communicate – Use “I”-Statements
- Structure: - I feel... (your emotion) - When... (what the other person does) - I need... / I want... (your boundary or request)
- Example: I feel upset when my messages are read without asking. I need my privacy to be respected.
- Follow Through – Be consistent; don't give mixed messages

Respecting Other People's Boundaries

- What It Means:
 - Everyone has limits
 - Respecting boundaries keeps relationships safe and strong
- Examples:
 - Ask before touching someone's things
 - Give someone space when needed
 - Listen when someone says "no"
 - Don't pressure someone to share what they don't want to

Healthy Vs. Unhealthy Boundaries

Boundary Type	What It Looks Like	Example
Unhealthy: Too Soft	Saying yes when you mean no, avoiding conflict	Always lending money, even if it stresses you
Healthy	Clear, respectful, flexible	I can't hang out tonight, but let's plan for Saturday
Unhealthy: Too Hard	Keep everyone at a distance, never ask for help	Never letting anyone get close, even trusted friends

- **Reminder:**
 - Respect boundaries
 - Listen carefully
 - Ask politely if unsure
 - Give space when needed
 - Practice every day