



## ESSENTIALS OF SETTING PERSONAL BOUNDARIES

1. **Understand Your Limits:** Reflect on what you're comfortable with and what makes you feel uneasy. These feelings indicate the need to set a boundary. Knowing and setting your own boundaries is the first step.
2. **Communicate Clearly:** Use clear and direct language when expressing your boundaries. For example, "I'm not comfortable with discussing this topic right now," or, "I'm sorry but I won't be able to do that."
3. **Be Consistent:** Stick to your boundaries consistently. If you waiver, it can send mixed signals and make it harder for others to respect them. Being inconsistent with your boundaries is usually worse than having no boundaries to begin with.
4. **Stay Firm, But Respectful:** You can be assertive without being aggressive. Respect the other person's feelings while still standing your ground. Understand that others have their own boundaries.
5. **Practice Self-Care:** Setting boundaries is essential for your well-being. Don't feel guilty for prioritizing your mental and emotional health.
6. **Recognize Boundaries Are Two-Way:** Just as you have boundaries, others have theirs too. Respecting their boundaries can help in creating a mutual understanding. If you want them to respect your boundaries, respect theirs.
7. **Handle Pushback Gracefully:** Not everyone will accept your boundaries right away. Stay calm and restate your limits if necessary. It's okay to walk away if your boundaries are not respected.
8. **Re-evaluate Periodically:** Boundaries aren't set in stone. As you grow and change, your boundaries might shift. Reassess them from time to time.

Setting boundaries is all about maintaining a healthy balance in your relationships and ensuring you're comfortable in your own skin. What boundary have you found most challenging to set?

Establishing healthy boundaries and communicating them to others is the key.