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Lifestyle & Hobbies › Relationship Skills › Boundaries

Beginner lessons for Boundaries

Establish Healthy Boundaries for Stronger Relationships

DEFINITION

> Boundaries are limits we set to protect our personal space and well-being. They help us communicate our needs and maintain healthy relationships.

KEY CONCEPTS

Types of Boundaries

There are physical, emotional, and time boundaries that define how we interact with others.

Communicating Boundaries

Clearly expressing your boundaries is essential for others to understand and respect them.

Respecting Others' Boundaries

Just as you set boundaries, it's important to honor the boundaries set by others.

Boundary Violations

Recognizing when your boundaries are crossed is crucial for maintaining your well-being.

Setting Consequences

It's important to establish consequences if your boundaries are not respected.

EXAMPLES

→ Saying 'no' to plans when you need personal time.

→ Expressing discomfort when someone gets too close physically.

→ Requesting a break from a conversation that feels overwhelming.

MEMORY TIPS

★ Think of boundaries as a fence that protects your garden.

★ Use the acronym SAFE: Set, Assert, Follow-through, Evaluate.

★ Visualize a stop sign to remind you to pause and set limits.

COMMON MISTAKES

✗ Not communicating boundaries clearly.

✗ Feeling guilty for setting boundaries.

✗ Ignoring or dismissing others' boundaries.

QUICK RECAP

Boundaries are essential for maintaining healthy relationships and personal well-being. They involve knowing your limits, communicating them effectively, and respecting both your own and others' boundaries.