

Know Your Boundaries

Boundaries are based on what is important to you. For example: work life balance, spending time with family or friends. Own your boundaries. Understanding your boundaries before entering a situation will make it easier to enforce them.

What to Say

Saying “no” is not always easy. Expressing yourself clearly is important.

I am not comfortable...”

“I feel that...”

“I don’t want to receive...”

“My current capacity doesn’t allow...”

“This is not within my...”

Types of Boundaries

Physical

Physical boundaries include your needs for personal space, your comfort with touch, and your physical needs like needing to take a break, eat, or have time to yourself.

Emotional

Setting emotional boundaries means recognizing how much emotional energy you are capable of taking in, knowing when to share and when not to share, and limiting emotional sharing with people who respond poorly.

Mental

Healthy mental boundaries include respect for the ideas of other people, and they can be violated when your thoughts and curiosity are shut down, dismissed, or belittled.