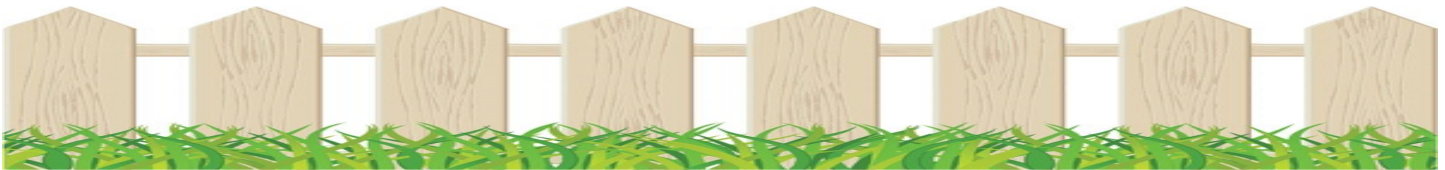# Compassionate Boundaries

By Linda Fentress, M.Ed., LPCC

Boundaries are critical to healthy relationships. Without boundaries we may be able to have a relationship short term, but eventually a relationship without boundaries will crash and burn. A misconception that many people have is that boundaries keep people from each other (shut down connection) but actually they PROTECT relationship and connection.

How do we know if we are setting healthy boundaries?

Sharon Martin suggests the following points as SIGNS OF HEALTHY BOUNDARIES…..

- Saying no without guilt.

- Asking for what you want or need.

- Taking care of yourself

- Saying "yes" because you want to, not out of obligation or to please others.

- Behaving according to your own values ad beliefs.

- Feeling safe to express difficult emotions and have disagreements.

- Feeling support to pursue your own goals.

- Being treated as an equal.

- Taking responsibility for your own happiness

- Not feeling responsible for someone else's happiness

- Being in tune with your own feelings.

- Knowing who you are and what you believe and what you like.

Take a moment to rate yourself on how well you are setting boundaries in your relationships. How did you do?