



# BOUNDARIES

Our boundaries are what we expect, allow, accommodate and tolerate in life and what we don't.

Healthy boundaries allow you to be who you are without the pressure of what other people need you to be.

Boundaries allow you to feel safe and teach others how to be in a relationship, personal or professional, with you.



# HOW TO SET HEALTHY BOUNDARIES

Set your boundary as a request rather than a demand or ultimatum.

E.g. I need to feel heard and seen so I would like to ask for time each week where we can discuss anything that's going on for us.

State the consequences – If the person isn't able to meet your request what will you need to do to take care of yourself?

E.g. If you aren't able to give me quality time with you then that's fine but I know that this is a non-negotiable for me. So we can be in one another's life but we can't have an intimate relationship.

Be prepared to follow through. This isn't about controlling the other person. Rather it is a way to honour and protect your own emotional, mental and physical needs.

Ensure you communicate your boundaries with regards to your needs, feelings and emotions. Avoid using your boundaries as a way of controlling or getting someone to validate you.



# IDENTIFY SOME NEW BOUNDARIES

Make a list of things or people that no longer feel acceptable to you.

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What is no longer to be said or done around you?

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# IDENTIFY SOME NEW BOUNDARIES

Decide and define the physical and emotional space and safety you desire.

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Inform others of the new boundaries.

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Get clear on the consequences of violating the boundaries. Be clear about what will happen when the boundaries are being violated. And be prepared to follow through.

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