

Healthy Boundaries

A healthy boundary is an invisible “barrier” between you and others – a limit beyond which you will not go, or which others are not welcome. It is helpful to have a good sense of where your feelings and options start and stop.

It is important to know how to set a boundary in difficult situations or with people who might be controlling, critical, manipulative or not putting your best interest first. Your needs and wants are important and its okay to express yourself in a respectful manner.

How Do I Communicate My Boundaries to Other People?

No thank you, that does not work for me. _____

I have a problem with that. _____

I don't want to. _____

This is what I need right now. _____

I understand your point of view, but... _____

I feel uncomfortable about ... _____

That doesn't work for me right now. _____

Maybe later, but not today. _____

Yes, I do mind. _____

I'd prefer not to. _____

I'll think about it. _____

I feel frustrated when ... _____

Please stop. _____

I guess we see it differently. _____

Let's agree to disagree. _____

Give me a moment. I need to take a break. _____

Can we talk about something else for awhile? _____

I'd rather not... _____

Yes, I do mind... _____

That's not acceptable. _____

Who Do I Need to Establish Clear Boundaries With? _____