BOUNDARIES

Honor Your Limits

Boundaries are the limits we establish to protect our emotional, physical, mental, and relational well-being. They help us communicate what we need, what we value, and what we are comfortable with in our interactions with others.

Healthy boundaries can strengthen relationships by creating clarity and mutual respect. Boundaries help us to maintain our identity while remaining connected to the people around us.

Why Are Boundaries Important?

Boundaries Help Us…

- Protect emotional and physical well-being
- Reduce stress, resentment, and burnout
- Maintain a healthy sense of self
  Improve communication and relationships
- Clarify expectations
- Increase feelings of safety and respect
- Create healthier work-life balance

Boundaries Exist in Every Relationship

Family Relationships - Protecting personal needs, privacy, and independence.

Friendships - Managing time, emotional support, and expectations.

Romantic Relationships - Creating mutual respect, trust, communication, and emotional safety.

Workplace Relationships - Maintaining professionalism, protecting personal time, and preventing burnout.

Workplace Example: “I am unavailable after business hours and will respond during my next workday.”

Different Styles of Boundaries

Rigid Boundaries	**Porous Boundaries**	**Healthy Boundaries**
Avoid vulnerability	Difficulty saying no	Communicate directly
Keep emotional distance	Feel responsible for others’ emotions	Respect needs
Difficulty asking for help	Experience burnout and resentment	Connected without losing self
Struggle with trust	Overcommit	Flexible and clear

Types of Boundaries

Educational resource intended for reflection and skill-building, and not a substitute for individualized mental health care with a licensed provider.

Emotional Boundaries - Protect your feelings and emotional energy.

Physical Boundaries - Protect personal space, touch, rest, and bodily autonomy.

Time Boundaries - Protect how and where you spend your energy.

Mental Boundaries - Respect differing opinions, beliefs, and values.

Material Boundaries - Determine what you are willing to lend, share, or give.

REFLECTION

Reflect and Journal

1. Which relationships currently feel the most draining?

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2. When do you find it most difficult to say no?

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3. What is one boundary you would like to strengthen?

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4. What fear comes up when you think about setting that boundary?

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5. What would improve in your life if that boundary were respected?

PRACTICE STATEMENT

Choose one sentence to practice this week:

I am not available for that.
I need time to think about it.
That does not work for me.
I can help with part of that, but not all of it.
I need some time for myself today.
Write your own: _____

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