
SETTING BOUNDARIES

What is a Boundary?

A boundary is an invisible “barrier” between you and other people – limits beyond which you will not go and beyond which others are not welcome.

It is healthy to have a good sense of where your feelings and opinions start and stop, and where the other person’s feelings and opinions start and stop.

It is especially important to know how to set boundaries with “difficult” people – particularly with those individuals who are critical, controlling, manipulative, demanding or aggressive.

How Do I Communicate My Boundaries To Other People?

Here are some words to use:

I have a problem with that _____

I Don't Want To _____

I've Decided Not To _____

This is What I Need _____

This Is Hard for Me To Say _____

I Understand Your Point of View But _____

I Feel Uncomfortable About _____

I'd Rather Not _____

Yes, I Do Mind _____

I'd Prefer Not To _____

It's Important To Me _____

I'll think about It _____

That's Unacceptable _____

I Guess We See It Differently _____

Who Do I Need To Be Establishing Clear Boundaries With?
