

# SETTING HEALTHY BOUNDARIES

Setting boundaries for yourself means choosing and communicating what you want and what you will accept. Boundaries can be:

## PHYSICAL

- How comfortable you are with how close someone is standing to you
- What you are okay with in terms of touch

## EMOTIONAL

- How you want others to treat you
- What you are willing to share

## YOU GET TO CHOOSE YOUR BOUNDARIES!

Communicating boundaries means practicing **ASSERTIVENESS** (instead of aggression or passiveness).

**AGGRESSIVE:** Not caring about other people's needs

YOUR NEEDS



OTHER PEOPLE'S  
NEEDS

**PASSIVE:** Not caring about your own needs

YOUR NEEDS



OTHER PEOPLE'S  
NEEDS

**ASSERTIVE:** Valuing your needs and other people's needs equally

YOUR NEEDS



OTHER PEOPLE'S  
NEEDS

## REFLECT:

I-messages can help you have these assertive, boundary-setting conversations:

**I feel** (use an emotion word), **when you** (point out specific behavior) **because** (why you feel that emotion). **I would like** (what you would like instead of that behavior)

Example: "I feel frustrated **when you** don't respond to my phone calls **because** I miss you and want to catch up. **I would like** it if we could talk on the phone for a little bit every other week."

1. When was a time that you communicated your needs?

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2. How did it go?

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3. Would you describe your communication in that instance as more assertive, aggressive, or passive? A mix of them?

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4. What did you say?

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5. How did you feel afterwards?

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## CHALLENGE:

Think about something that you need right now, a change you are hoping for, or something that is frustrating you.

What is it? \_\_\_\_\_

Practice writing your need in an "I-statement" and communicate that need to someone who can help you!

I feel \_\_\_\_\_, when \_\_\_\_\_  
\_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_. I would like \_\_\_\_\_.