



Boundaries

Personal boundaries are limits or rules we set ourselves in relationships.

These can be relationships with friends, family or if you're dating someone.

Your boundaries may be strict or relaxed depending on who they are in place with. You can have different types of boundaries depending on the setting or people – you might have stricter boundaries with family, but more relaxed boundaries with friends. Healthy boundaries are being aware of things that are unhelpful to you or make you uncomfortable, as well as being able to speak up or say 'no' when you need to.

There are also different kinds of boundaries you can set. Healthy relationships are based on someone respecting each of these different types.

- Physical boundaries relate to personal space and physical touch.
- Intellectual boundaries relate to thoughts and ideas.
- Emotional boundaries relate to feelings.
- Material boundaries relate to money and possessions.
- Time boundaries relate to how someone uses your or their time.

We're here. Isle Listen.



Boundaries

Some people struggle with setting boundaries for themselves, either with specific people, settings or with types of boundaries. What can I do to promote healthy boundaries?

Know your limits and values.

- Know what is acceptable to you and what isn't in different situations. Be as specific as you can. If something is really important to you, make sure your limits protect this.

Listen to your emotions.

- If you're always feeling uncomfortable or drained after spending time with someone, try not to bury them. Understand what those feelings mean and try to adjust your boundaries accordingly.

Give yourself the same respect you give others.

- You are just as important as others, so make sure your own needs are being met. This doesn't need to happen the expense of other's needs – communicating openly can help you find the best solution.

Consider long-term relationships.

- Some days you'll give or take a bit more, but over the long-term there should be an equal balance. If not, reconsider your own boundaries.

Focus on positive communication.

- Think about what both you and the other person needs and talk it out. Figure out what is important to you and think about how you can use boundaries and positive communication to protect that, whilst considering the wellbeing of others.

