

Boundaries

A boundary is an imaginary line that separates me from you. It separates your physical space, your feelings, needs, and responsibilities from others. Your boundaries also tell other people how they can treat you – what is acceptable and what is not. Without boundaries, people may take advantage of you because you haven't set limits about how you expect to be treated.

Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say "no" to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

Why are boundaries important?

Boundaries are important because they protect us, help us feel safe in relationships, and teach others in our world how to interact with us. Each of us experiences reality in four different ways. Our body is one way we give meaning to the world through what we look like and what happens to us physically. Our thinking is how we identify with incoming data from other people and life experiences. Feelings are our emotional response to people and situations. Lastly, our behaviour is what we do or don't do in reaction to those around us and our experiences.

Setting and maintaining appropriate boundaries is really important because boundaries will give protection to your body, thinking, feelings and behaviours as you evaluate and assess the words and actions of other people in your life. As you experience the world and people around you, you are filtering what comes at you via your body, thinking, feeling, and behaviours.

The **Healthy Boundaries Tips** worksheet neatly presents standard advice for creating healthy boundaries. Topics include values, assertiveness, setting limits, and more.

Resources:

What are personal boundaries?

Tips for Healthy Boundaries

Setting Boundaries

Boundary Exploration

What are boundaries and why are they important?

<https://myonlinetherapy.com/what-are-boundaries-and-why-are-they-important/>

Teaching kids about boundaries

<https://childmind.org/article/teaching-kids-boundaries-empathy/>