

SETTING YOUR OWN BOUNDARIES

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Boundaries are unique to you but first you must figure out what is most important to you, and what isn't. This works with children, or overbearing family members.

THINK ABOUT WHAT YOUR BOUNDARIES ARE. ASK YOURSELF

What is causing me stress or discomfort right now?
What do I look forward to each day?
What do I dread each day?
Who or what gives me energy?
Who or what drains me?
Who or what makes me feel safe, supported, and valued?
Who or what makes me feel unsafe, unsupported and devalued?

NEXT WRITE DOWN INSIDE A CIRCLE THINGS THAT MAKE YOU FEEL SAFE AND STRESS-FREE

Hugs from kids
Walks in nature
Support from your partner
Clear communication at work
Petting your dog or cat
Having a daily routine
Bodily autonomy
Time to your hobbies/activities

ON THE OUTSIDE THE CIRCLE, WRITE DOWN THINGS THAT MAKES YOU FEEL STRESSED/UNCOMFORTABLE/UNSAFE

(these are people or situations that are pushing your boundaries and attention)

Your kids not doing their chores
Colleagues gossiping at work
Your friends ghosting you
Worrying about what certain people really think of you
Your partner not pulling their weight with the kids
Your mother telling you how to raise your children
Your sister only calling you when they are having a crisis

LEARNING TO SAY NO

WHILE WE ARE HERE,
HOW ABOUT LEARNING TO SAY 'NO'

We Can Do It!



We need other people in our lives, especially when we're not well, but sometimes people are a little too invasive.

Saying no is difficult for those of us who want to keep others who worry about what others will think of us, but everyone has the right to refuse to do something.

Try practicing these ways of saying no that are confident and respectful.

Take Action!

"I'm not comfortable with this."

"Please do not...."

"I'd rather not...."

"I can't do that for you."

"This doesn't work for me."

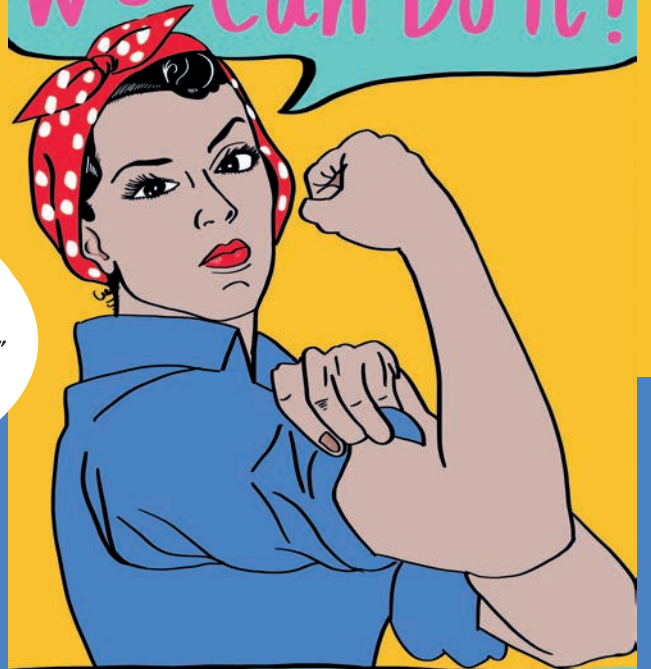
"I've decided not to..."

"I'm drawing the line at..."

"This is not acceptable."

"I don't want to do that."

We Can Do It!



Take Action!

It is a step towards taking control of your own life, and that is empowering.