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?

_____