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
- Valuing your own emotions, feelings, and needs.

YOU GET TO CHOOSE YOUR BOUNDARIES!

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

YOUR NEEDS
OTHER PEOPLE'S NEEDS

AGGRESSIVE:
Not caring about other people's needs

OTHER PEOPLE'S NEEDS
YOUR NEEDS

PASSIVE:
Not caring about your own needs

YOUR NEEDS
OTHER PEOPLE'S NEEDS

ASSERTIVE:
Caring about your needs and other people's needs equally

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 to change).

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?

2. How did it go?

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

4. What did you say?

5. How did you feel afterwards?

CHALLENGE:

Think about something that you need right now, a change you are hoping for, or something that is frustrating you. **Practice writing out your need in an "I-statement" format, and communicate that need to someone you trust so they can help you.**

I feel _____, when _____
_____ because _____
_____. I would like _____.