

Personal Boundaries

Personal boundaries are limits that we set for ourselves within relationships. They are acceptable ways for ourselves and others to behave that respects our own values and those of others. What feels acceptable will vary from person to person so there is no right or wrong answers.

The following items are types of behaviours that you may encounter in daily interactions with others:

Holding Hands	Text	Share stories from your life
Giving a hug	Shaking Hands	Discuss your health
Sharing personal problems	Tell secrets	Give your phone number
Phoning for a chat	Say hello to	Chat on the computer
Entering their home	Share food with	Stand close to them
Have a joke with them	Doing a favour for them	Trust them

List behaviours that feel acceptable to you in the spaces below:

Family
Friends
Work Colleagues
Acquaintances
Strangers

Personal Boundaries continued...

Place a tick in the box for each row to show where your boundaries lie for each set of people.

Personal boundaries are limits that we set for ourselves within relationships. Our boundaries can be tight or loose or healthy. Our boundaries can vary depending on who we are with and what culture we live in.

Tight

Avoids close relationships, unlikely to ask for help, protective of personal information, detached, avoids others through fear of possible rejection.

Loose

Overshares personal information with others, difficulty saying no to the requests of others, overinvolved with others problems, dependent on the opinions of others, accepting of mistreatment, fear of rejection if don't comply.

Healthy

Values others opinions, doesn't compromise needs for others, shares personal information appropriately, knows personal needs and can communicate them, can say no and accept when others say no.

	Tight	Loose	Healthy
Family			
Partner			
Friends			
Work Colleagues			
Acquaintances			
Strangers			

- Adapted from Therapistaid.com

⁵ Extracts from www.skillsyouneed.com

Learn more about what you can do to make a difference.....

Healthier Boundaries

A person with healthy boundaries can say 'no' to others when they want to but they are also comfortable opening themselves up to relationships with others.

Some helpful Tips...

Know your limits - the previous exercise will help you identify where your limits lie with different groups of people. Your boundary limits are unique to you. Knowing them before you enter a situation will help you to prevent anything which you're not comfortable with.

Know your values- the values you identified in week 1 will help you to prioritise these over others demands asked of you. Your values are the things that are most important to you and these shape your boundaries.

Listen to your Emotions-if you experience feelings of discomfort or resentment, these can be signs that your boundaries are being pushed beyond healthy limits for you.

Self-Respect-reflect on whether you give more respect to the needs of others than you do to your own needs. There are times when it is important to balance your own needs with those of others.

Flexibility-try to balance the amount of giving and receiving. Some days you may give more than you receive and vice versa. Make sure your relationships are two way rather than one way.



When asserting your needs and wants express them clearly with language such as:

"I'm not comfortable with this"

"Please don't do that"

"Not at this time"

"This doesn't feel right"

"I'm sorry I can't do that for you"

"This doesn't work for me"

"I've decided not to."

"This is not acceptable"

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

"I don't want to do that"

