

What we will cover today



AWARE
What are **healthy boundaries**?

EXPLORE
Why is it important to **set healthy boundaries**?

ACT
How can you **set boundaries** & follow through with them?

Boundaries

[Personal Boundaries]:
are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

Boundary

Types



Physical



Emotional



Intellectual



Sexual



Material



Time

Rigid Boundaries



Unchanging
Often **black & white**
Potentially **dogmatic**
May be **punitive**

Weak Boundaries



Uncertain
May **not exist**
Easily **dismissed**
No **follow through**

Semi Permeable Boundaries



Able to **keep boundaries**
Use **good judgment**
Can be **flexible** if necessary
Follow through

Healthy Boundaries

Taking care of **yourself**

Asking for what **you need**

Saying **"no"** without guilt

Protecting **yourself**

Protecting your **property**

Requiring **respect**

Asserting yourself

Participating in **healthy relationships**



What gets in the way?

Uncertainty

Lack of confidence

Fear

Guilt

Any of these things can make it hard

**"If you always do what
you've always done,
you'll always get what
you've always gotten."**

Henry Ford

Boundaries are not
about **controlling**
someone else

← They **are about your needs**

Distressing Emotions May alert us to the need to set boundaries



Personal **Bill of Rights**

I do not need the permission of others to **take care of myself**.

It is **not my job** to take responsibility for what others do.

I have a right to **express my needs** honestly.

I am responsible for **my own happiness**.

It is **not my job** to fix or rescue others.

I have a right to **my own feelings**.

I deserve to be **safe**.



Unhelpful Thoughts

It doesn't matter what they are saying or doing to me. As long as I keep quiet they will eventually leave me alone.

I have been hurt so badly in the past that I will never let anyone get close enough to hurt me again.

I can't/don't know where to draw the line with others.

Building Boundaries

I will stand up for myself & assert my right to be respected. If they choose to ignore me, then I have the right to leave or ask them to leave.

I do not need to build a protective wall to avoid getting hurt. I can use what I have learned to be assertive.

I will learn about myself, my wants, & my needs so that I know where to draw the line.

Unhelpful Thoughts

I can never say "no" to others.

I need to keep the peace.

I'll feel guilty if I do something by myself and leave _____ out.

Building Boundaries

I have a right to say "no" to others if they are making me uncomfortable or violating my space/rights or asking me to compromise my beliefs and values.

I have a right to take care of myself. If people insist on arguing I am free to leave the room. We all share the responsibility of making our relationships work.

I have the right to do things that are uniquely mine, and explore my own interests and hobbies, so that I don't become so overly enmeshed that I lose my identity.

What is important to you?



Safety	Financial security
Trust	Independence
Happiness	Property
Peace	Health
Respect	Freedom

Put a lot of thought into what is **actually** your responsibility

People will often try to convince us that **their**
responsibilities are ours.

Setting Boundaries



Allow sufficient time for the conversation

Be clear & direct

Use "I" statements

Be consistent

Be realistic

Be assertive

Only set boundaries you will stick to

"I" messages

Are a less threatening way of communicating our views



"You" messages

may feel judgmental & critical



I feel/think/need...
When...
I would like...
I will...

The Situation

You agree to meet a loved one each week at the local coffee shop.

From there, you take them to do grocery shopping, because they don't have a vehicle.

Your loved one is a no show half the time. They don't call or let you know.

You feel worried at first, then frustrated and angry when you learn that they are okay, and just 'stood you up' again.

You've wasted a good portion of your Saturday morning for nothing.

Setting Boundaries

When you finally connect with your loved one, they tell you they "forgot".

You have decided you don't want to continue with this arrangement.

You say, "When we are supposed to meet and I don't know why you're not there, I feel worried that something is wrong. When I learn you're okay, I feel frustrated that I lost my Saturday morning. Since this has happened many times, I would like you to set yourself a reminder, and let me know by Friday at noon if you can't make it. If I find myself waiting at the coffee shop again, you will have to find another option for doing your groceries."

How to say "No"



Don't say "maybe" or "I'll think about it".

Redirect to the person responsible.

Keep explanations brief, if needed at all.

"I can't do that, I have other commitments."

"I'm not comfortable with that. Have you considered other solutions?"

"I don't feel up to that. I'll reach out if that changes"

It is most helpful to have a conversation about your boundaries when you and the other person are calm, and not in the middle of a heated argument.



Boundary Setting



STATE THE ISSUE

"I feel...when..."



STATE THE BOUNDARY

"It is my expectation that..."



STATE THE OUTCOME

"If this doesn't change I will..."

Stages of Boundary Setting

KNOW YOUR VALUES

Space

Privacy

Money

Choice

Respect

STATE YOUR LIMITS

I need some time to myself when I get home from work.

I want you to knock on my bedroom door before you enter.

I do not have any more money to give/lend you.

I would prefer to make my own decision about this.

I want to be treated with kindness and respect.

FOLLOW THROUGH

I plan to take a walk /shower/ nap when I get home.

If you keep entering without knocking I will install a lock.

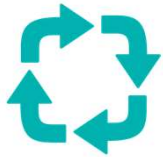
I will not give you any more money.

I will ask for your advice if I need it.

If you continue to yell at me I will leave the room/hang up.

Some people may react **negatively** to your boundaries.
That doesn't mean you aren't **permitted** to set them!





You will likely get '**push back**' or resistance to the new boundary

You may have to **repeat** yourself often

You **don't** have to **elaborate, apologize or engage in debate**, simply repeat

Will it be **one day**,
or **day one**?






1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington



Thank you!

If you have more questions, my email is
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For more service information & more webinars, visit us at
www.cmhaww.ca



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