

Setting Boundaries

Setting boundaries can be a difficult task but try these tips for setting boundaries to protect your energy, time and space.

1. Be clear about what you want. Get really specific about what you want to set and why it's important to you.
2. Be direct and don't apologize for your needs. Be direct and succinct, avoid overexplaining your boundary.
3. Expect resistance and don't let it deter you. If someone else reacts negatively to your boundaries it is not a reason to not set them.
4. Setting limits is an on-going process. You will need to set them continuously and you may need to set the same boundary repeatedly with the same person.
5. Boundaries are for your own wellbeing, not to control others. They prevent you from being taken advantage of, overcommitting, overworking, or feeling overwhelmed.

