

BETTER BOUNDARIES

Why do we have boundaries?

When we feel hurt by someone, we may freeze, withdraw, escalate the conflict, or choose to set boundaries. Boundaries help us protect our well-being while continuing a relationship with the person who caused the harm.

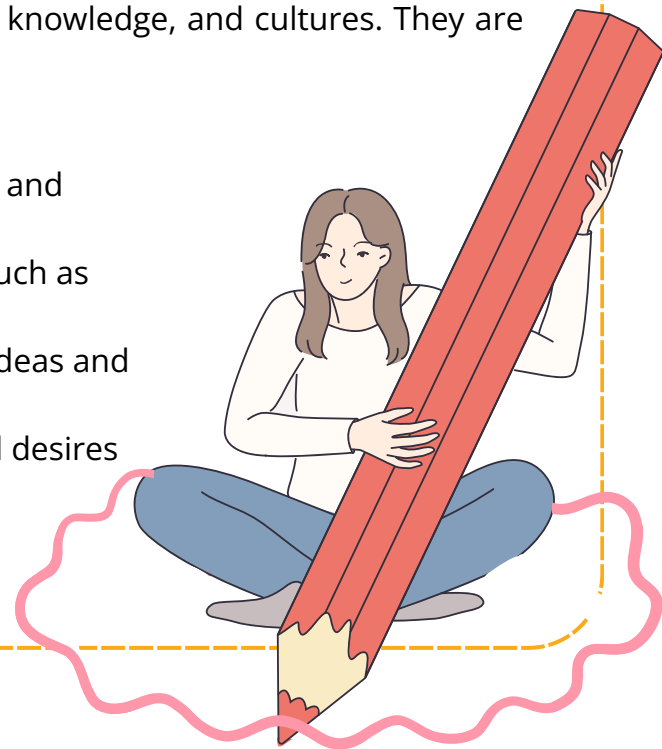
What are boundaries?

Boundaries are the ways that we choose to be in relationship with other people. It is how we communicate the ways that we want to be treated.

Our boundaries are shaped by our personal values, knowledge, and cultures. They are different for each person and each relationship.

Types of boundaries can include:

- **Physical Boundaries** are our personal space and comfort levels surrounding physical touch
- **Emotional Boundaries** involve our feeling, such as how much personal information we share.
- **Intellectual Boundaries** involve respecting ideas and having appropriate discussion topics
- **Sexual Boundaries** involve respecting sexual desires and discomforts between sexual partners.
- **Material Boundaries** involve how we and others treat our possessions



Healthy Boundaries

Having healthy boundaries is necessary to maintain positive relationships and protect our mental health.

Someone with healthy boundaries...

- ... is empowered to say “no” when they want to
- ... is comfortable opening themselves up to intimacy and close relationships
- ... nurtures greater mutual-respect in their relationships

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How Do We Set Boundaries?

It is your right to say no! You do not need an explanation for your decisions. Rather, trust yourself and your emotions to show you what you need in your relationships.

Ways to Say No!

Ways to Set Boundaries

Homemade Playdough

Ingredients

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil
- Food coloring (optional)
- Plastic bags

Instructions

- Stir flour, salt, and cream of tartar in a pot
- Cook over medium heat
- Stir constantly until dough has formed and begins to form a ball
- Place dough into plastic bag and knead until texture is smooth
- Add food colour to the dough

Storage

- Dough will last 3 months
- Store in sealed plastic bag