

Boundaries Toolkit



Identify your need



Communicate your
boundary clearly



Explain (don't justify) why
it's important to you

See overleaf for more information on setting boundaries and assertiveness

Healthy boundaries...

Are limits you can set around yourself to stay resilient, safe and content

Can protect you from being used, drained or manipulated by others

Can be placed around many areas of your life, such as around you:

- Time
- Emotional energy
- Physical energy
- Personal space
- Material possessions and finances

Apply to ourselves as well as others (partners, family, friends, colleagues etc.)

Tips on setting boundaries

1 Identify your need

- e.g., I need to reduce my stress

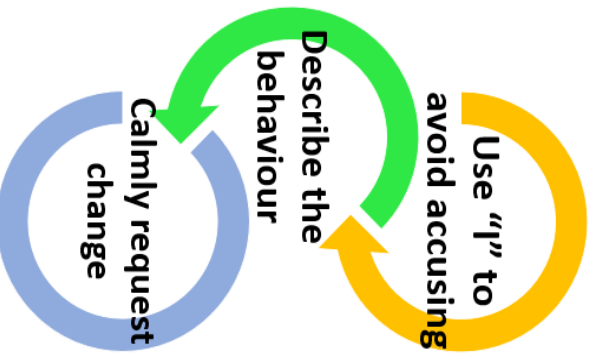
2 Communicate your boundary

- e.g., I need 30 minutes per day to myself so I can do what supports me

3 Explain (don't justify) why it's important to you

- e.g., I need this to improve my mental and physical health, or I will burn out

Assertiveness using “I” statements



I feel X when you Y, and it makes me ...

I'd feel better if ...

Example: I feel scared when you shout, and it makes me withdraw from you. I'd feel better if you could speak more gently

Saying “no”

Be straightforward and honest, but not rude

Speak politely and warmly

Keep it brief - you don't have to make excuses or justify