



BOUNDARIES

8 BASIC PRINCIPLES OF SETTING HEALTHY BOUNDARIES

HEALTHY PEOPLE SET BOUNDARIES

Establishing boundaries makes you a safe person. People know where they stand with you. Boundaries are the way we take care of ourselves. We have both a right and a duty to protect and defend ourselves.

GENEROUS PEOPLE SET BOUNDARIES

If you don't set boundaries you are giving yourself away. With boundaries you only give what you want which means you can afford to be generous to more people over a longer period of time.

EFFECTIVE PEOPLE SET BOUNDARIES

Because doing so keeps you in control of your time and efforts which makes you feel better about yourself. This leads to your being more effective

STAND UP FOR YOURSELF

In order for boundary setting to work for you, you must develop a commitment to uphold what is right and true for you. You must act consistently in upholding your boundaries

BOUNDARIES ALLOW OTHERS TO GROW.

Because it makes others conscious of their behavior thus allowing them to change.

BOUNDARIES ALLOW YOU TO GET MORE OF WHAT YOU WANT, AND LESS OF WHAT YOU DON'T

If boundaries not only protect you from unwanted behavior, they also foster the behavior that you want.

PRACTICE MAKES PERFECT.

If this is not familiar behavior it will feel awkward and unnatural at first, but anything worth doing is worth doing badly at first. People may not like it at first that's natural they are used to getting their own way with you.

KEEP IT UP

With practice you will get more skillful and graceful.