

5 STEPS TO SETTING BOUNDARIES

KNOW YOUR RIGHTS

I have the right to feel safe -

I have the right to ask for my needs to be met

BOUNDARIES ARE THE PLACES WHERE ONE PERSON ENDS AND ANOTHER BEGINS. HEALTHY BOUNDARIES ARE ESSENTIAL IN ALL RELATIONSHIPS.

MAINTAIN YOUR BOUNDARIES

Remember boundary-setting is a process, and we should all have them.

When you clash with someone else, remember communication is key.

FIND YOUR CORE VALUES

Write a list of values that are important to you.

Then select the 3 that you feel to be most important to you, these are your core values.

Keep these in mind at all times.

These form the foundations of your boundaries and dictate what you will allow and tolerate.

HEALTHY BOUNDARIES IMPROVE YOUR RELATIONSHIPS. THEY CAN HELP YOU OVERCOME LOW SELF-ESTEEM AND ANXIETY, ALLOWING YOU TO ENJOY YOUR LIFE.

SET YOUR BOUNDARIES

Communicate your boundaries. Let others know what is and is not acceptable to you.

If you need space, tell people.

If you feel uncomfortable in situations, communicate this.

It may feel uncomfortable at first, but open and kind communication is key.

ESTABLISH YOUR BOUNDARIES

Now you have the boundaries, know it is ok to say "no", to walk away, to remove yourself from situations that cross your boundaries

For more details, videos and exercises visit www.cktherapy.co.uk