

# BOUNDARIES

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them. Boundaries also include the ways in which a person will respond when someone passes those limits.

Boundaries are physical, emotional and mental limits we establish to protect ourselves. They allow us to separate who we are, and what we think and feel, from the thoughts and feelings of others. They are built out of a mix of conclusions, beliefs, opinions, attitudes, past experiences.

## BRENE BROWN TALKS ABOUT BOUNDARIES:

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## WHAT ARE PERSONAL BOUNDARIES? HOW DO I GET SOME?

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### RIGID

#### Boundaries

- Avoids intimacy and close relationships
- Unlikely to ask for help
- Very protective of personal information
- May seem detached
- Keeps others at a distance to avoid possibility of rejection

### POROUS

#### Boundaries

- Overshares personal information
- Difficulty saying no to the requests of others
- Overinvolved in other's issues
- Dependent on the opinion of others
- Accepts disrespect or abuse
- Fears rejection if they do not comply with others

### HEALTHY

#### Boundaries

- Values own opinions
- Doesn't compromise values for others
- Shares personal information in an appropriate way (does not over or under share)
- Knows personal wants and needs and can communicate them
- Accepting when others say no to them