

HEALTHY BOUNDARIES



CHECKLIST

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- **Boundaries definition**
 - Imaginary fences for your wellbeing
 - Separate your physical space, feelings, needs, and responsibilities from that of others
 - Let other people know of your expectations
- **Why you need boundaries**
 - Allow you to be your most authentic self
 - Self-care
 - Set realistic expectations with clear directions
 - Protect you emotionally and physically
 - Prevent people from exploiting you
- **Types of boundaries**
 - Material boundaries
 - Physical boundaries
 - Mental boundaries
 - Emotional boundaries
 - Sexual boundaries
 - Spiritual boundaries
- **Why boundaries can be difficult**
 - Boundaries require you to put yourself first
 - Boundaries require you to know yourself
 - Boundaries require you to feel like you have rights
 - Fear that boundaries jeopardize the relationship
 - Boundaries take practice
- **How to set boundaries**
 - Proper mentality/motive
 - Gain respect
 - Create healthy relationships
 - NOT about control or constraint
 - Define boundaries
 - Decide on your rights
 - You have a right to say no without guilt
 - You have a right to be treated respectfully
 - You have a right to put your needs on par with someone else's needs

- You have a right to accept your mistakes and flaws
 - You have a right to reject other people's unreasonable expectations
 - Decide on your values
 - Pay attention to how you feel around other people
 - Keep boundaries flexible
- Enforcing boundaries
 - Tell people your boundaries
 - Tell people why your boundary is in place
 - Be assertive
 - Use “I” statements
 - Be respectful
 - Tell people of the consequences of disrespecting your boundaries
 - Be prepared to enforce consequences
 - Do not state a consequence you are not willing to enforce
- **Boundaries in dating**
 - Come with non-negotiables
 - Words and actions that will not be tolerated
 - Be prepared to end the relationship if non-negotiables are violated
 - Tell non-negotiables at the beginning
 - Take time apart
 - Take intentional time to spend apart
 - Use that time to reflect on the relationship
 - Use that time to cultivate personal interests
 - Know how and where to express yourself
 - Be kind and respectful
 - Be assertive
 - Use “I” statements
 - Pick good locations for private conversations
 - Neutral locations
 - Private locations
 - Quiet locations

- Pick good times to have private conversations
 - Agree upon a time
 - Do not interrupt the other person's work or activities to have an impromptu private conversation
 - Listen to your partner's needs
 - You are not the only one in the relationship
 - The other partner has boundaries
 - Actively listen
 - Allow boundaries to work together
 - Negotiate boundaries if certain boundaries contradict one another
 - Do not negotiate non-negotiables
- **Boundaries and family**
 - Boundaries and marriage
 - Purpose of boundaries in marriage
 - Both spouses feel respected and appreciated
 - Preserve individuality
 - Set time apart boundaries
 - Set emotional boundaries
 - Set physical boundaries
 - Set sexual boundaries
 - Boundaries and kids
 - Set no-go zones
 - Set boundaries in daily schedule
 - Be prepared to enforce boundaries on your children
 - Be patient
 - Be assertive
- **Boundaries and work**
 - Goal
 - Be more productive
 - Prevent burnout
 - Set boundaries to improve work-life
 - How to express boundaries to boss
 - Approach conversation as a negotiation
 - Express problem
 - Express solution (the boundary)
 - Discuss the other party's perspective

- **Boundaries and yourself**
 - Set boundaries for yourself
 - Financial boundaries
 - Health boundaries
 - Social media boundaries
 - Scheduling boundaries
- **Resistance to boundaries**
 - Be prepared
 - Resistance types
 - The Controller
 - The Intimidator
 - The Guilt Trip
 - Keep in mind
 - The problem is not you
 - Do not feel guilty for expressing your needs
 - Guilt is fear and insecurity in disguise
 - What to do
 - Restate boundary and why boundary is needed
 - Resolve any misunderstandings
 - Compromise if able
 - Do not back down
- **Measure the success of boundaries**
 - Success tracking methods
 - Apps
 - Mood trackers
 - Progress reports
 - Successful boundaries
 - Make you feel better
 - Make you feel happier
 - Make you feel more respected
 - Unsuccessful boundaries
 - Cause no change in your mood or stress
 - Cause more stress and anxiety