

# HEALTHY BOUNDARIES



RESOURCE CHEAT SHEET

# Defining Boundaries

- ["What Are Personal Boundaries?"](#) *Therapist Aid*
- ["What Are Boundaries And Why Do I Need Them?"](#) *Live Well With Sharon Martin*
- ["What Are Personal Boundaries? How Do I Get Some?"](#) *Psych Central*
- ["The Importance of Personal Boundaries"](#) *Psych Central*
- ["Why Is It Important To Have Personal Boundaries?"](#) *Psychology Today*
- ["10 Great Things That Happen When You Set Boundaries"](#) *Huff Post*
- ["6 Types of Boundaries You Deserve To Have \(And How To Maintain Them\)"](#) *Mind Body Green*
- ["Why Is It So Hard To Set Boundaries?"](#) *Psychology Today*
- ["12 Signs You Lack Healthy Boundaries \(And Why You Need Them\)"](#) *Harley Therapy*

# How To Set Boundaries

- ["The No BS Guide To Protecting Your Emotional Space"](#) *Healthline*
- ["A Simpler Way To Set Difficult Boundaries"](#) *Huff Post*
- ["How To Set Healthy Boundaries: 10 Examples + PDF Worksheets"](#) *Positive Psychology*
- ["The Guide to Strong Relationship Boundaries"](#) *Mark Manson*
- ["4 Ways To Set And Keep Your Personal Boundaries"](#) *Psychology Today*
- ["7 Tips To Create Healthy Boundaries With Others"](#) *Psychology Today*
- ["10 Ways To Build And Preserve Better Boundaries"](#) *Psych Central*
- ["7 Ways To Set Better Boundaries & Stop People-Pleasing"](#) *The Blissful Mind*

# Boundaries In Dating

- ["5 Healthy Relationship Boundaries You Should Set From The First Date"](#) *Elite Daily*
- ["Setting Boundaries: Healthy Relationships"](#) *Love Is Respect*
- ["Too Much, Too Soon? Setting Emotional Boundaries In Dating"](#) *Biola Univeristy*
- ["How To Set Healthy Boundaries In Dating"](#) *Better Help*
- ["The 5 Best Ways To Set And Enforce Emotional Boundaries In Dating"](#) *Fuller Life Counseling*
- ["Establishing Boundaries With A New Dating Partner"](#) *Break The Cycle*
- ["Boundaries in Dating: How Healthy Choices Grow Healthy Relationships"](#) *Zondervan on Brilliance Audio* (purchase required)

# Boundaries And Family

- ["7 Important Boundaries That Every Marriage Needs"](#) *Marriage Today*
- ["5 Boundaries That Actually Bolster Your Bond In Your Marriage"](#) *Psych Central*
- ["Why Boundaries In Marriage Are Good For Your Relationship"](#) *Life Hack*
- ["The Importance Of Boundaries In A Marriage"](#) *Clarity Clinic*
- ["Parental Roles: How To Set Healthy Boundaries With Your Child"](#) *Empowering Parents*
- ["How To Set Healthy Boundaries For Kids"](#) *Very Well Family*
- ["Teaching Kids About Boundaries"](#) *Child Mind Institute*
- ["10 Ways To Establish Clear Boundaries For Children"](#) *All Pro Dad*

# Boundaries And Work

- ["How To Establish Healthy Boundaries At Work"](#) *Career Contessa*
- ["10 Ways To Set Healthy Boundaries At Work"](#) *Forbes*
- ["Your Guide To Setting Boundaries At Work – Without Making Anyone Resent You"](#) *The Muse*
- ["7 Tips For Setting Boundaries At Work"](#) *Psych Central*
- ["Strategies For Setting Healthy Boundaries In The Workplace"](#) *Business Insider*
- ["How To Make Sure Your Coworkers Respect Your Boundaries And Time"](#) *Girl Boss*
- ["3 Steps To Setting Boundaries At Work"](#) *Monster Jobs*
- ["This Is The Best Way To Set Boundaries In A Toxic Workplace, According To Experts"](#) *Bustle*
- ["How To Set Boundaries With Your Boss"](#) *Glassdoor*
- ["Setting Boundaries With Your Boss \(And Everyone Else At Work\)"](#) *LinkedIn*

# Boundaries And Yourself

- ["Setting Boundaries With Yourself: An Essential Form of Self-Care"](#) *Live Well With Sharon Martin*
- ["Setting Healthy Boundaries With Myself"](#) *Kim Fredrickson, MFT*
- ["Healthy Boundaries With Yourself & Others"](#) *Tanya Penny*
- ["You Need To Start Setting Limits And You Need To Do It Now"](#) *Medium*
- ["Establishing Boundaries With Yourself"](#) *Faith Gateway*
- ["Should We All Be Setting Boundaries With Ourselves?"](#) *Style Caster*
- ["Boundaries Series: Learning To Say 'No' To Yourself"](#) *Weighting Comforts*

# Resistance To Boundaries

- ["How To Deal With Someone Who Doesn't Respect Personal Boundaries"](#) *iNLP Center*
- ["How To Deal With People Who Repeatedly Violate Your Boundaries"](#) *Psych Central*
- ["5 Ways To Respond To People Who Violate Your Boundaries"](#) *Power Of Positivity*
- ["If You Set A Boundary, Expect To Deal With Anger"](#) *Psychology Today*
- ["10 Ways To Deal With Someone Who Doesn't Respect Boundaries"](#) *Bolde*
- ["What To Do When Your Spouse Won't Respect Your Boundaries"](#) *Boundaries.Me*
- ["What To Do When You Feel Guilty About Setting Boundaries"](#) *Psych Central*

# How To Measure Success Of Boundaries

- ["Mobile Apps For Mood Tracking: An Analysis Of Features And User Reviews"](#) *NCBI*
- ["Can An App Change Your Mood?"](#) *American Psychological Association*
- ["7 Best Mood Tracker Ideas For Your Bullet Journal Mood Charts \(+PDFs\)"](#) *Positive Psychology*
- ["Strategies For Learning From Failure"](#) *Harvard Business Review*
- ["6 Steps For Setting Good Boundaries & Actually Maintaining Them"](#) *Mind Body Green*