

Boundaries

Rigid Boundaries is being a “no” person, adopting a “my way or the highway” attitude. In contrast, being passive is being a “yes” person who tends to compromise their own needs for another

Setting Healthy boundaries means:

- Planning ahead to anticipate your needs
- respecting your needs as a valid and important
- being willing to compromise, but not at your own expense
- communicating your needs and limits assertively
- knowing when a situation is no longer healthy and it's time to walk away



Types of Boundaries



Physical

Personal space, touch and physical comfort

Too Rigid

Never allowing anyone to touch you, even appropriate hugs from loved ones

Healthy

Comfortable with appropriate touch, can say no to unwanted physical contact

Too Porous

Allowing others to touch you inappropriately or invade their personal space

Emotional

Feelings, emotional energy and emotional responsibility

Too Rigid

Never sharing your feelings or being emotionally unavailable to others

Healthy

Sharing feelings appropriately, not taking on others emotions as their own

Too Porous

Taking responsibility for others emotions or letting others control your feelings



Boundaries Cont.



Time

How you manage and protect your time

Too Rigid

Never being flexible with your schedule or helping others in emergencies

Healthy

Protecting your time while being reasonably flexible when needed

Too Porous

Always saying yes to requests, never having time for your own needs

Digital

Online presence, social media and digital communication

Too Rigid

Never responding to messages or completely avoiding all social media

Healthy

setting specific times for digital communication, curating your online space

Too Porous

Constantly available online, sharing too much personal information

Financial

Money, lending, gifts and financial responsibility

Too Rigid

Never lending money or helping financially, even in genuine emergencies

Healthy

setting clear financial limits, helping others within your own means

Too Porous

Always lending money you can't afford or paying for others' responsibilities

Work/School

Professional and work life balance

Too Rigid

Never collaborating, refusing all work social events or extra projects

Healthy

Maintaining professional relationship while protecting personal time

Too Porous

Working excessive hours, taking on others' work and responsibilities