

10 Steps to Better Boundaries

1. Practice self-awareness
 - If you cannot sustain your boundaries, why?

2. Tune into your feelings
 - Gauge discomfort and resentment on a scale from one to 10. If greater than six, ask yourself, what is causing that emotion?
 - What is truly bothering you?

3. Consider your past and present
 - Setting and preserving boundaries depends on your past and present situation

4. Make self-care a priority
 - Put yourself first
 - Recognize the importance of your feelings and honour them

5. Give yourself permission
 - Preserve boundaries as it is a sign of self-respect

6. Name your limits
 - Identify your physical, emotional, mental, and spiritual limits
 - Accept what makes you feel uncomfortable or stressed

7. Be direct
 - Individuals with different sets of boundaries must be straight-forward with one another

8. Be assertive
 - Follow through with the boundaries you set
 - People are not mind readers, be clear when they cross a boundary

9. Start small
 - By starting small, you ensure success

10. Seek support
 - Use support groups and/or family and friends for support



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- Groups can ensure accountability