

Personal Boundaries

Personal boundaries are the physical, emotional and mental limits we establish to protect ourselves from being manipulated, used, or violated by others. They allow us to separate who we are, and what we think and feel, from the thoughts and feelings of others.

A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have rigid boundaries. Alternatively, someone who tends to get too involved with others has porous boundaries.

Someone with healthy boundaries can say “no” when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

Examples of Personal Boundaries

People may not...

- Go through my personal belongings
- Criticise me
- Make comments about my weight
- Take their anger out on me
- Humiliate me in front of others
- Invade my personal space

The **Setting Boundaries** worksheet will help teach you how to set healthy boundaries by covering language for speaking assertively, boundary-setting tips, examples, and practice exercises.

Resources:

Setting Boundaries – Worksheet

What are personal boundaries?

How to establish healthy boundaries

<https://www.essentiallifeskills.net/personalboundaries.html>