

HEALTHY BOUNDARIES LOOK AND SOUND LIKE...

While your client would likely agree that setting healthier boundaries is a good idea, they don't necessarily know what boundaries look like in real life. For example, they may like the idea of saying no, asking for space, or communicating their needs, but they struggle to implement these actions in practice. Use this list of concrete examples to explore the "how" of boundary setting.

Although you might want to have healthier boundaries, sometimes it can be confusing to know what to say or do in certain situations to enforce your boundaries in a way that is kind, respectful, and effective. Let's look at this page about how healthy boundaries can look and sound in daily life.

Look like...	Sound like...
Listening to your own opinion	"I know you meant well, but I know what is best for me."
Being comfortable saying no	"Please respect my decision."
Being comfortable hearing no	"Understood. Thanks for considering my offer."
Asking someone to listen instead of giving advice	"I would like you to listen without offering solutions."
Starting and ending a meeting on time	"I want to respect everyone's time, so we'll need to pause until next time."
Requesting clarity about something	"I'm not sure I understand what you mean. Can you provide more details?"
Moving away from someone who is in your space	"Please don't touch me that way."
Giving yourself space when you need it	"I need a few moments to myself."
Staying home	"I can't make it to _____ today. Thank you for the invite."
Declining a second date	"I'm not interested in going out again."
Responding to an insulting comment	"What you said was offensive to me. Please don't say that again."
Keeping information private	"That's not something I'd like to share."
Not loaning money or a possession	"I'm not comfortable with that. Is there another way I can support you?"

Process Questions:

- Do any of these boundary-setting actions resonate with you more than others?
- Do you see behaviors or statements on this list that you didn't realize were boundaries?
- What is an example from your life you could add to this list?

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