



HOW TO SET BOUNDARIES

1. Identify Your Boundaries

Identify people and situations that make you uncomfortable and where you need to practice boundary setting skills

2. Identify Your Personal Values

Boundaries are based on your unique personal values, in other words, knowing what is most important to you

3. Practice Saying No

"I'm not comfortable with this."

"I'd rather not...."

"Please do not...."

"I can't do that for you."

"This doesn't work for me."

"I'm not available for..."

"I've decided not to..."

"This is not acceptable."

"I'm drawing the line at..."

"I'm prioritizing other things."

"That's not my area of expertise."

"I don't have time at the moment"

"I'm booked solid this month."

"I have other commitments."

"Thank you, but that's not for me."

When we're not used to setting boundaries with certain people or in specific situations, we might feel guilty, anxious, or even ashamed at first. This discomfort is to be expected when we are making changes to our behavior. Try leaning into any uncomfortable feelings and accepting them just as they are.

A progressive muscle relaxation meditation may help with feelings of discomfort.

Begin by taking a deep breath and noticing the feeling of air filling your lungs.

Hold your breath for a few seconds.

Release the breath slowly and let the tension leave your body.

Take in another deep breath and hold it.

Slowly release the breath and imagine the feeling of tension leaving your body. Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Hold onto the tension and notice what it feels like.

Release the tension in your foot. Notice the new feeling of relaxation.

Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.

Release the tension from your lower legs.

Continue this process by slowly moving systematically up the body with the upper leg & pelvis, stomach & chest, back & shoulders, hands & arms, neck & face and finally, your entire body.

Allow your whole body to go limp. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension.

Begin to wake your body up by slowly moving your muscles.