

GUIDELINES FOR SETTING HEALTHY BOUNDARIES

1. NOTICE AND NAME YOUR EMOTIONS
2. BUILD A SUPPORT SYSTEM OF SAFE PEOPLE
3. DECIDE WHAT IS OKAY AND WHAT IS NOT OKAY FOR YOU
4. USE SIMPLE AND DIRECT LANGUAGE TO COMMUNICATE YOUR BOUNDARY

"I feel (insert emotion) when you (insert behavior). I want to feel (insert emotion). I need (change behavior). If you continue to, this will happen (insert consequence)."

5. BE KIND TO YOURSELF AS YOU DEVELOP BOUNDARIES