

# UNDERSTANDING BOUNDARIES 101

## **HEALTHY BOUNDARIES:**

- Firm yet flexible boundaries
- Saying no without feeling guilty
- Clear about how you want to be treated
- Respecting other peoples boundaries

## **RIGID BOUNDARIES:**

- Having difficulty trusting others
- Inflexible about what you will and wont do
  - Feeling misunderstood and alone
  - Surface level relationships
  - Things to be done your way alone

## **OTHER BOUNDARIES TO BE AWARE OF:**

**PHYSICAL  
TIME  
SPIRITUAL  
SEXUAL  
MONEY  
EMOTIONAL**