



# HEALTHY BOUNDARIES

Take note of these ways to set and maintain healthy boundaries for yourself..

## WHAT TO SAY

**"I'm not comfortable doing that"**  
**"I am not available to do this."**  
**"I can't do that for you"**  
**"This doesn't work for me"**  
**"This is not acceptable"**  
**"I don't want to do that"**

## WHAT TO DO

**Learn to plan ahead**  
**Think carefully about what you want  
to say**  
**Learn to boost your confidence to be  
assured of what you do, to help you.**

**Name 3 new boundaries you want to set**