

UNDERSTANDING BOUNDARIES



DIFFERENT BOUNDARY TYPES:

EMOTIONAL AND MENTAL BOUNDARIES:

To protect your rights to have your own feelings and thoughts.

"I DONT FEEL TO TALK ABOUT THAT THANKS"

PHYSICAL BOUNDARIES:

Define that your body and personal space belong to you.

"I WOULD NOT WANT TO BE TOUCHED THAT WAY PLEASE"

TIME BOUNDARIES:

To protect how you will spend your time, to avoid people wasting your time and energy.

"Those times are set aside for family, I will respond to them when possible."

UNDERSTANDING BOUNDARIES



DIFFERENT BOUNDARY TYPES:

FINANCIAL BOUNDARIES:

These boundaries protect your financial resources and possessions including how to spend your money as you wish.

"I will not pay for everyone, when we go out."

SPIRITUAL/ RELIGIOUS BOUNDARIES:

Spiritual boundaries are there to protect your right to believe in what you want to, worship as you want to and open to practice your spiritual or religious beliefs.

"I place time in my week to make time for my spiritual needs, uncompromised."

NON- NEGOTIABLE BOUNDARIES:

Deal breakers that for you, you're not willing to break or have others treat you unfairly in.