

# RESILIENCY

## ACTIVITY: Creating Healthy Boundaries

Personal boundaries are the physical, emotional, and mental limits we establish between ourselves and other people. Healthy boundaries allow us to maintain our own identity and respect the identify of others. Personal boundaries are designed to protect and honor important parts of our lives.

This activity is designed to help participants reflect about people whom they may struggle to set healthy boundaries with and then identify strategies for creating healthier boundaries with these individuals.

Strategies for identifying personal boundaries:

- **Identify your limits** – clarify what behaviors/actions you can tolerate and accept as well as those that make you uncomfortable and stressed
- **Pay attention to your feelings** – identify people or situations that make you feel uncomfortable, resentful, or guilty. These are usually cues that boundaries may need to be set or reassessed.
- **Give yourself permission to set boundaries** - setting them is your right!
- **Consider your environment** – they can either support your boundaries or present obstacles to boundary setting. How may this impact your boundaries?

### Try This!

- 1) Review the “Strategies for Identifying Personal Boundaries” above.
- 2) Complete the “Boundary Exploration Worksheet” on the next page
- 3) Reflect on how setting new boundaries or re-assessing current boundaries has helped you developed stronger relationships based on trust and enable you to be your best self.

#### Healthy Boundaries: The Why and How of Setting Them

<https://positivepsychologyprogram.com/great-self-care-setting-healthy-boundaries/>

#### How Successful People Set Boundaries at Work

<https://www.inc.com/dana-gionta-dan-guerra/how-to-manage-boundaries-at-work.html>

#### Creating Safe and Healthy Boundaries

<http://www.thrivingnow.com/creating-safe-and-healthy-boundaries/>

# Boundary Exploration Worksheet

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid ( you keep this person at a distance), too porous (you open up too much), or there is some other problem that isn't easily labeled.

**Who do you struggle to set healthy boundaries with?** (e.g. "my partner" or "coworkers")

In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Mental Boundaries				
Emotional Boundaries				
Material Boundaries				
Time Boundaries				

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it mean setting limits and saying "no".

**What are some specific actions you can take to improve your boundaries?**

**How do you think the other person will respond to these changes?**

**How do you think your life will be different once you've established healthy boundaries?**