



Setting boundaries for healthy relationships

Understanding how to set and maintain healthy boundaries are ways to take care of yourself.

What are boundaries?

Boundaries are a practice of communicating and asserting personal values to protect personal or mental space. Healthy boundaries allow you to communicate your wants and needs, while respecting the wants and needs of others.

When setting boundaries remember to:

Be respectful

Do it clearly, calmly, firmly, respectfully, and in as few words as possible.

Be responsible for you

Do not justify, get angry, or apologize for the boundary you are setting. You are not responsible for the other person's reaction.

Be realistic

Your behavior must match the boundaries you set. You cannot successfully establish a clear boundary if you send mixed messages.

Setting boundaries takes practice and determination.

Contact your Everside Health provider to discuss appropriate ways to set healthy boundaries!