

# *Setting Boundaries*

**Boundaries** are our **personal limits**/rules we set in our relationships. Having healthy boundaries means you're able to say 'no' to others when you want to and you are also able to open up and have close relationships too.

## **How to ask for what you need**

- Express yourself as clearly as you can b
- Use a **steady tone of voice** and remain **calm**
- **Avoid yelling**
- **Plan ahead** what you want to say
- Be **willing to compromise** or **come up with alternatives** that work for both parties.

# *Setting Boundaries*

## What to Say...

I can't do that for you.

Not right now. X time would be better for me.

I'm not comfortable with this.

I've decided not to.

This doesn't work for me

This is not acceptable



## The S.T.O.P.P Technique

- ★ **Stop**
- ★ **Take a breath or some Time away from others**
- ★ **Observe - notice how you feel in your body and what you are feeling - Angry? Hurt? Scared?**
- ★ **Pull back and get Perspective once you feel calmer**
- ★ **Practice - what is the best thing for me to do right now?**