



Healthy Boundaries

Clear limits can protect both self-respect and connection.

Healthy boundaries are flexible limits

They help you protect your time, energy, body, values, and relationships while still allowing closeness and connection.

KNOW YOUR LIMITS

Decide what is okay for you before you are pressured in the moment. Specific limits are easier to follow than vague ones.

KNOW WHAT MATTERS TO YOU

Your values help explain why a boundary matters. Protecting family time, rest, privacy, safety, or financial stability may require different limits.

LISTEN TO RESENTMENT AND DISCOMFORT

These feelings do not automatically mean someone did something wrong, but they can be useful signals that a limit, need, or conversation deserves attention.

RESPECT YOURSELF AND THE OTHER PERSON

Healthy boundaries are not about winning. Aim for fairness, clarity, and respect for both people.

BE CLEAR

A respectful no is usually more helpful than an unclear yes. You can be kind without leaving the boundary ambiguous.

Simple boundary script

"I am not able to _____. I can _____ instead."

Or: "I am comfortable with _____, but not _____."

LOOK AT THE PATTERN

Relationships are not perfectly equal every day. Look at the bigger pattern: Are you usually giving more than you can sustain? Are your limits routinely ignored? Are you able to receive support too?