

HEALTHY BOUNDARIES

Clear, respectful limits that support wellbeing and relationships

AT A GLANCE



Boundaries communicate what we will do, what we will accept and what we need in order to participate safely and respectfully.

KEY IDEAS

PHYSICAL

Body, touch, privacy, space, sleep and safety.

EMOTIONAL

Feelings, responsibility, disclosure and support.

TIME AND ENERGY

Availability, workload, rest and commitments.

COMMUNICATION

Tone, topics, digital contact and how conflict is handled.

WHY IT MATTERS



Boundaries protect energy, dignity and choice. They are not punishment or control of another person.

PUTTING THE IDEA INTO PRACTICE

1

NOTICE

Identify resentment, depletion, fear or repeated discomfort.

2

CLARIFY

Decide what limit or request is needed.

3

STATE

Use calm, direct language focused on your action.

4

MAINTAIN

Repeat consistently and adjust when circumstances change.

REFLECTION PROMPTS

1

Where do I feel overextended?

2

What am I responsible for?

3

What respectful boundary would help?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.