

7 Tips for Healthy Boundary Keeping

Know Your Boundaries

- Reflect on your values and limits.
- Identify emotional, physical, time and digital boundaries.

Communicate Clearly and Early

- Be direct but respectful: Use "I" statements
- Set expectations. Let others know your limits before they are crossed.

Stay Consistent

- Reinforce boundaries regularly.
- Follow through with consequences..

Recognize Manipulation or Guilt-Tripping

- Trust your instincts.
- Don't justify or over-explain.

Practice Self-Care

- Prioritize your well-being.
- Seek support.

Use Assertive Communication

- Be firm, not aggressive.
- Use body language.

Learn to Say No

- It's okay to decline.
- Offer alternatives, if appropriate.

