



Boundaries

Healthy // Unhealthy

People with healthy boundaries are firm but flexible, give and accept support, can negotiate and compromise, are assertive, are comfortable with themselves, and take responsibility for their own happiness.

Unhealthy boundaries can be too *rigid* or too *loose*. Those with unhealthy boundaries may feel unable to say no, have a difficult time asking for what they want, constantly put others' needs first, tend to overshare, and feel responsible for the emotions of others.

Tips for setting healthy boundaries:

1. Be firm
2. Know yourself
3. Be flexible
4. Put yourself first
5. Be respectful
6. Be realistic

24hr Support Line

905-356-5800

Call or text. Collect calls accepted.



How to set a boundary

Often, there are no boundaries within an abusive relationship because abuse is about power and control. Instead, one partner sets the 'rules' for the relationship and there are consequences if the rules are broken. Everyone has the right to set boundaries and feel safe in their relationship.

Clear boundaries are how we teach others who we are and how we would like to be treated in relationships

There are three simple steps to setting a boundary:

Step 1 - "If you" - describe the behavior that is unacceptable

Step 2 - "I will" - describe what will happen if the boundary is not respected

Step 3 - "If you continue" - describe what action you will take if the boundary continues to be violated. You do not need to share this step if you do not want to.

Example: If you lie to me, I will struggle to trust you. If you continue to lie, I will not be able to be in a relationship with you.

*** Consider your safety when setting boundaries with potentially abusive people.**

Want to talk more about healthy boundaries?

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