

Setting

Boundaries

During the Holidays

1. What are boundaries?

1.

Boundaries are lists of what is acceptable and what is not for an individual. Boundaries are different from rules, meaning boundaries are about what **you** will or will not accept not about what **others** can or cannot do. "If you do this, I will leave" is a boundary. "You can't do that" is a rule.

2. How do I set boundaries?

2.

1. **Identify your limits.** How do you want to act/not act around certain people or in certain settings in your life to improve your well-being?
2. **Communicate your boundaries.** Try to get to a point where those who are involved in the boundary understand it clearly. "No" is a complete statement. You do not need to explain why you need the boundary.
3. **Build in warning signals and consequences.** If your boundaries are not being upheld or respected, attach a consequence and be ready to communicate a warning statement calmly and respectfully.

3. Why should I use boundaries?

3.

Boundaries help with:

- building healthy relationships
- feeling respected and understood
- decreasing stress and burnout
- growing self-awareness and self-esteem

NYC Well: 1-888-NYC WELL (692-9355) or text
WELL to 65173

Hudson Guild Mental Health Counseling Services:
(212)-760-9822



***"Daring to set boundaries
is about having the
courage to love ourselves,
even when we risk
disappointing others."***

- Brené Brown