

Healthy Boundaries

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Positive Relationships

The idea of setting boundaries is something we are all aware of especially if we work with children. However, setting healthy boundaries for yourself can feel uncomfortable and selfish but they are an important part of self-care and mental wellbeing

Setting boundaries will help you

If you are in a difficult situation or relationship where you are feeling distressed, angry or resentful, this is often a sign that you need to identify your needs and establish your boundaries.

Spending time figuring out what it is you want and being clear with yourself is the first



make decisions on what is best for you, not just for the people around you. It will lead to a stronger sense of identity and freedom. You will feel clearer about what you will take responsibility for and what you are willing to accept in your work life and relationships.

Ultimately this will lead to more fulfilling relationships, less stress and a greater connection with yourself and your values.

step. Feeling able to say "NO" to something you don't want can help you establish your needs without feeling you have to justify them. Remember: **No! is a complete sentence.**

When you feel comfortable with the new boundaries you have set for yourself then it will be easier to communicate them. Healthy boundaries create better relationships and allow you and others to flourish.

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If you are having difficulty with someone who is disrespecting your boundaries and making you feel that you are irrational and wrong, then it may be a sign that you are being manipulated within the relationship. Withdrawing and reducing contact can help you to regain clarity. Learning to be clear about your boundaries and then honoring them is essential for your happiness.

Sometimes, though we need help to discover why we are getting stuck in the same type of situations and patterns in our life and our relationships. Becoming more aware of what matters to you and learning to value yourself can empower you to create boundaries that take care of your needs.

If you would like help with this, call me for a chat on 0501087592