Healthy Boundaries

Clarify what you are responsible for, what you are available for, and how you want to be treated.

A boundary is

- A clear statement about your limits, needs, time, body, privacy, emotional capacity, or participation.
- Usually about what you will do when a limit is crossed - not an attempt to control another person's choices.

A practical boundary formula

Name the situation	When conversations include yelling or insults...
State the limit or need	...I am not willing to continue the conversation that way.
Name your action	I will pause and return when we can speak respectfully.

Helpful reminders

- Be direct, specific, and brief. You do not need a lengthy defense for every limit.
- A request asks someone to change; a boundary explains your own participation or response.
- Discomfort, disappointment, or disagreement does not automatically mean the boundary is wrong.
- A boundary should be realistic, proportionate, and something you can follow through on.
- Safety planning may be more important than direct confrontation in controlling or abusive situations.

Practice worksheet

The situation in which I need more clarity or protection:

What is and is not my responsibility:

The limit or request I want to communicate:

What I will do if the limit is not respected:

Support I may need to follow through safely:

This handout is educational and is not a substitute for individualized assessment or treatment. If you are in immediate danger, call 911. In the United States, call or text 988 for crisis support.

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