

5 BEST BOUNDARY-SETTING EXERCISES

that will improve your relationships & life

Boundaries are the places where one person ends and another begins. Healthy boundaries are essential in all relationships and are the secret to fulfillment in all areas of your life – from dating and relationships to work and career. Use this PDF as a portable guide to setting and maintaining healthy boundaries.

HOW TO USE THIS GUIDE

This 5-step approach will help you establish, set, and maintain healthy boundaries.

Consider repeating the exercises for different areas of your life such as work, family, health, sexuality, etc.

Take notes and refer to them as often as you need.

1. KNOW YOUR RIGHTS

Consider your rights and write them down. Examples may include:

- I have the right to feel safe
- I have the right to ask for my needs to be met
- I have the right to decide what to do with my money

2. FIND YOUR CORE VALUES

Write a list of at least ten values that are important to you. Then select the 3 or 4 core values and keep them in mind at all times.

Examples of values include:

freedom, passion, positivity, growth, motivation, adventure...

3. ESTABLISH YOUR BOUNDARIES

Once you have identified your core values, ask yourself the following questions regarding each of them:

1. What will I allow given this value?
2. What will I tolerate given this value?
3. What will I not allow given this value?

4. SET YOUR BOUNDARIES

Lead with "me first" statements and relate them to your values. For example: "I love you and I want our relationship to be successful. Since cooperation is one of my core values, we need to cooperate in order to succeed. When you leave the dirty dishes in the sink after I make dinner, I feel you are not cooperating and that makes me sad. How can we cooperate better?"

5. MAINTAIN YOUR BOUNDARIES

When dealing with crossed boundaries, keep your core values at the forefront of your mind and refer to them during the conversation. Boundary-setting can be a process, so patience and open communication are key.

REMEMBER:

The idea of setting boundaries can be scary if you're afraid of rejection, but setting healthy boundaries will actually improve your relationships. It will also help you overcome other issues such as low self-esteem and anxiety, so be brave, set boundaries, and I promise your life will vastly improve.