Boundaries

–When you set **physical boundaries**, you are protecting your body, your personal space, and your privacy.

   –Example: Megan found out that her sister was sneaking into her bedroom to read her diary. Megan talked to her sister and said she may not go in her room unless she was in there, too

   –Example: Chrystal's ex-boyfriend tried to kiss her. She stepped back and told him she would prefer a hug because they are no longer dating

   –Example: Ron's new co-worker was getting too close to him when they were talking. He stepped back to establish some personal space

–When you set **emotional & intellectual boundaries**, you are protecting your thoughts & feelings.

   –Example: John values his girlfriend's opinions and cares about her feelings, but he does not let them dictate his own thoughts or his own mood

–When you set **time boundaries**, you are protecting how you use your time.

   –Example: It's 6pm and Stacey is leaving work. Her boss asks her to stay an extra hour, but she tells him that she is leaving to catch her son's baseball game

   –Example: Tim's brother wants him to come outside to play basketball, but Tim has to finish his homework. He tells his brother, "I'll come outside in 1 hour"

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Credits

Alina V Design and Resources
–Thank you for the border!

Paula Kim Studio
–Thank you for the watercolor circles!

Kelly Benefield
–Thank you for the border!