

# BOUNDARIES

Boundaries are invisible lines that define what is healthy and what is unhealthy for you. They can be physical, emotional, spiritual, mental, financial, physical.

Boundaries are emotional needs that support you understand about what works for you in your human experience; what serves your (holistic) health and what doesn't.

They are emotional needs that are rooted in your feelings of safety, comfort and wellness. Boundaries set the guidelines that will support your wellbeing in relationships with yourself and with others.

When working with boundaries it is important to detangle your thoughts from mainstream expectations of what you need to be like. It is important to honour your neurodivergence, bio-individuality and unique human experience. What works for you will not work for others, what is healthy for you, might not necessarily be healthy for others.

Learning about your boundaries, means you have done some inner work to learn about yourself. In that inner work, there is so much information that will bring clarity to the process of setting boundaries.

# TYPES OF BOUNDARIES

Emotional boundaries are limits that define how much energy you are giving and receiving in a relationship. This can be your relationship with yourself and with others. This include expressing your emotions, communication, setting expectations, protecting your time, and sharing information.

**EMOTIONAL  
BOUNDARIES**

**PHYSICAL  
BOUNDARIES**

Physical boundaries are guidelines that protect your body, space, safety and how you interact with others.

Sexual boundaries are limits to what, how, where and when sexual context is communicated. What is acceptable and comfortable to a sexual relationship. Consent related to sexual images, jokes, words, touch, gestures, environment.

**SEXUAL  
BOUNDARIES**





Financial boundaries are guidelines or limits that help protect your financial well-being, independence and maintain healthy relationships. They can help you avoid being taken advantage of financially

## FINANCIAL BOUNDARIES

Mental boundaries are guidelines that relate to how you think and express your ideas: Respecting others' ideas, Expressing your own ideas, distinguishing your ideas. Avoiding being swayed: Not being easily influenced by others' opinions and avoiding being swayed,

## MENTAL BOUNDARIES

Time boundaries are limits you set on how much time you spend on different activities, tasks, and relationships. They can help you: Prioritize your goals, Protect your energy, Avoid burnout, and Set aside enough time for each aspect of your life

## TIME BOUNDARIES



# HOW TO?

In order to understand and put your boundaries in place, here are few tips that may support your knowledge when taking early steps in setting your boundaries:

1. Work with a therapist/Psychological professional. That would help you understand yourself more, find your voice and learn how to express yourself in a kind, gentle and polite way whilst setting your boundaries with others.
2. Communicate your boundaries clearly and consistently.
3. Respect other's boundaries.

Boundaries will help you alleviate stress and have more emotions energy for yourself. At the beginning, it may seem awkward and uncomfortable, the level of comfort you experience as a result of startng the process of setting boundaries is a healthier experience than living in a situation where you are constantly stressed, with no energy for yourself.

# EXAMPLES OF BOUNDARIES

## 1. Time boundaries:

I will dedicate one weekend day to a hobby/interest.

## 2. Physical boundaries:

I am ok with you touching me this way.

I am tired, I need 30 minutes rest before I can take on doing another thing.

## 3. Emotional Boundaries:

I take responsibility of my own emotions. And I try to empower myself to voice them in a polite and respectful way.

I take time out when I feel overwhelmed.

I express my anger and frustration in an empowered and psychologically informed way.

## 4. Spritual Boundaries:

I am dedicating 10 minutes of my day to meditate and breathe.

I am dedicating x time of my day to create grounding by fulfilling my spiritual rituals.

## 5. Financial Boundaries:

I am sticking to my budget this month.

## 6. Mental Boundaries:

I am bringing more of a mindful mindset to my day.

I am making myself become more self aware about what I say and how I behave with myself and others.

# Thank You

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