



Boundaries

"Boundaries are the distance at which I can love you and me simultaneously."

— Prentis Hemphill

Can look like:

- Saying No
- Saying Yes w/ clear expectations
- Refusing to take the blame
- Expecting respect
- Identifying projections of feelings
- Exploring your true self
- Accepting help
- Asking for space
- Communicating discomfort
- Avoiding over-explaining
- Keeping your time off sacred
- Honoring the need to rest
- Protecting your focus

Can sound like:

- "I know you're upset, but that doesn't give you permission to step on me"
- "I won't tolerate you calling me that. If you do, I will end the conversation until you're ready"
- "I want to be there for you, but today, I'm too emotionally exhausted to listen to you vent"
- "I'm not quite ready to share those details of my trauma with you"
- "I had a bad day, but I don't want to talk about it right now"
- "If you blame me for not knowing what you want without telling me, I won't take that on"
- "Let's please talk when we're both regulated again. My heart is racing too fast"