WHERE IS YOUR LINE?

Boundaries are limits you set for yourself and what you are willing to participate in. Boundaries are not about getting someone else to change — BUT about knowing your line and sharing it.

What Boundaries Look Like

Know Your Line
This is probably the hardest part because we don’t always know where our lines are until we reach them. Take some time to consider what is important to you in your relationships (friends, family, partner, etc.) and what you need from them and what you don’t need from them.

Trust Yourself
When you come across a new situation, go with your gut and with what feels right and comfortable for you. You can always reconsider that line for yourself later.

Be Specific about What You Want
When setting boundaries, be clear and concise. This is about what you are and are not okay with, not about changing someone else’s behavior. Your wants should be easy to understand. And then respected in return.

Be Brave
Drawing that line for yourself can feel really difficult. We don’t want to offend or disappoint anyone — but it’s important that you are comfortable in your life and choices. It’s okay to have them and stand by them.

It’s Okay to Be You
Once in a while you might get a bad reaction when you define your line. This sucks but it’s okay to continue to draw that line for yourself. Their reaction is more about them than it is about you. The piece that belongs to you is how you communicate your comfort zone.

Reflect & Reconsider
The hardest part of setting boundaries is accepting the outcome. Sometimes people will be totally okay with your boundaries, other times people will try to push through your boundary or ignore them. It’s up to you how you want to respond — to adjust your boundary or adjust your relationship with that person. Boundaries should be respected, and if that aren’t, it could be a reflection of an unhealthy relationship (whether that’s friendship, family, or intimate).
Brene Brown

- Disappointing others
even when we risk

to love ourselves,

THE COURAGE

is about having

To Set Boundaries

Daring
WHERE IS YOUR LINE?
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Boundaries are not about getting someone else to change — **BUT** about knowing your line and sharing it.
“No means no” doesn’t only apply to sex. It also applies when your friends say they don’t want to drink anymore, when they say they don’t feel comfortable w affection, when they say they don’t smoke weed. Respecting people’s boundaries doesn’t only mean when it comes to sex
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