

WHAT ARE BOUNDARIES AND HOW TO ENFORCE THEM

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MEANING

DEFINITION

Boundaries work in two ways. Firstly, they explain what you will and won't do for others. Secondly, they restrict people's actions informing them what is acceptable and not acceptable behaviour. Regulating people's behaviour protects your safety, health and well-being.

POSITIVE

Boundaries inform others of the best way to engage with you; building healthy bonds that yields greater happiness.

NEGATIVE

If boundaries are too narrow you may come across as distant, unfriendly and uncompromising.

MENTAL BOUNDARIES

DEFINITION

Mental boundaries defines your passions, values and beliefs and prevents them from being manipulated by others. Strong minded people have solid boundaries that protects their opinions whilst allowing them to engage in healthy debates without being overly sensitive.

POSITIVE TRAITS

Confident, sharp focus and strong ethics due to firm boundaries.

NEGATIVE TRAITS

Irrational, insecure, inconsistent behaviour triggered by weak boundaries.

ENFORCEMENT METHOD

Define your passions, values and beliefs then put in place boundaries that safeguards them from manipulation. Do this by explaining clearly how you feel and make it known to others what is acceptable and unacceptable behaviour. If you believe in animal rights then you'll possess a zero tolerance approach to animal cruelty.

EMOTIONAL BOUNDARIES

DEFINITION

Emotional boundaries separates how you feel against what you say and do. This imaginary line helps contain high emotions so you remain calm when provoked. Firm boundaries enables you to give advice whilst being kind, offer help when flustered and control your temper.

POSITIVE TRAITS

Level headed, sensitive, compassionate and empathetic due to firm boundaries.

NEGATIVE TRAITS

Mood swings, childish, attention-seeking behaviour triggered by weak boundaries.

ENFORCEMENT METHOD

Practice calming activities such as meditation, yoga and deep breathing. Think about how you come across to control your behaviour and avoid people who have no boundaries to prevent confrontations. Rest and exercise boosts your energy levels to fend off boundary threats.



BOUNDARIES

Lesser Known

1

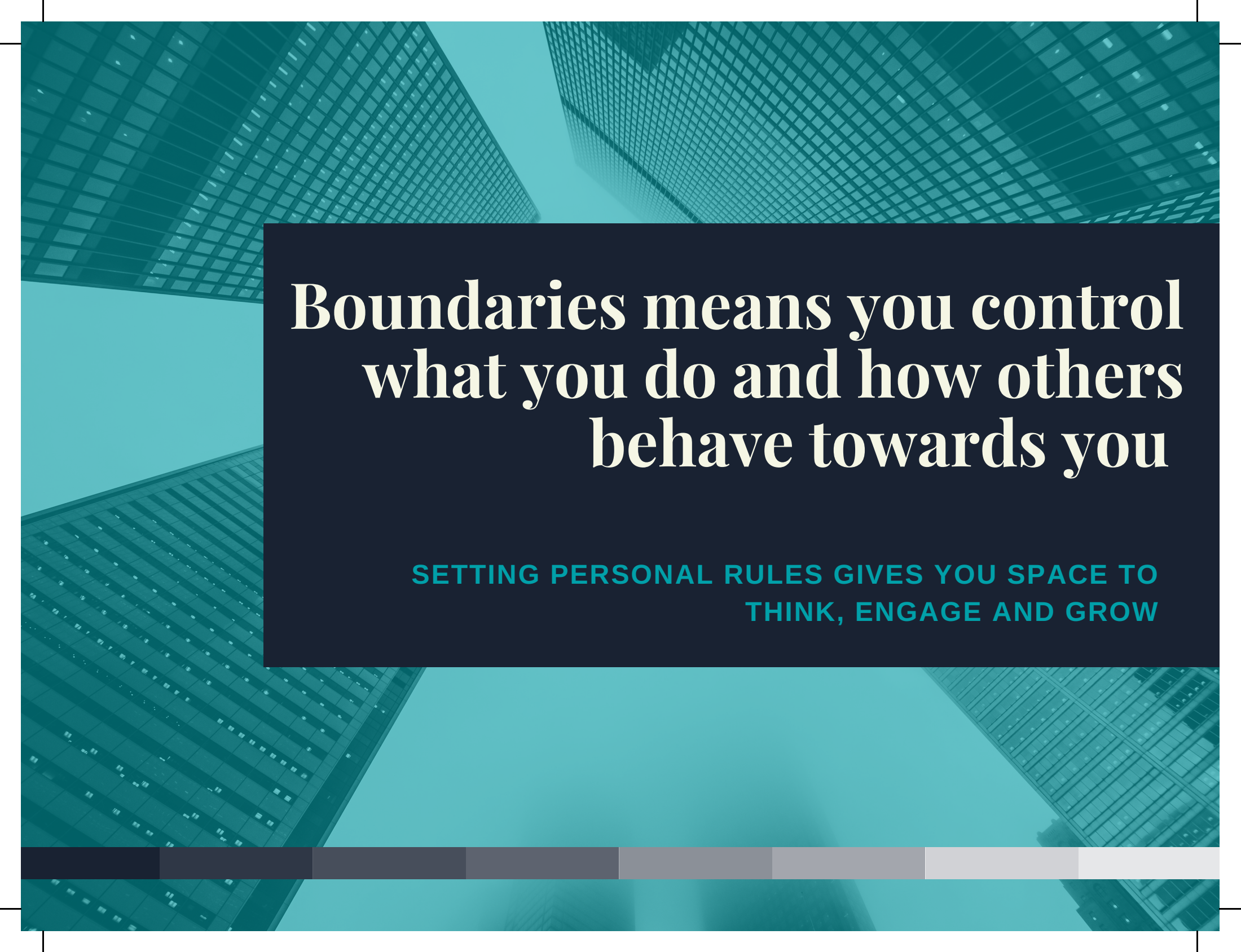
Physical Boundaries defines your personal space, privacy and body. Handshakes and hugs are dependent on the number of barriers in place.

2

Spiritual boundaries relate to your beliefs and experiences in connection with God or a higher power. Clashes can occur between Atheists and Religious Worshipers.

3

Sexual boundaries set out conditions about what you will and won't do. To build compatible relationships, each person's boundary must be mutually acceptable.



**Boundaries means you control
what you do and how others
behave towards you**

**SETTING PERSONAL RULES GIVES YOU SPACE TO
THINK, ENGAGE AND GROW**



THAT'S ALL, FOLKS!

REMEMBER, SET BOUNDARIES TO LIVE A HAPPIER LIFE

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