

BOUNDARIES

Boundaries are limits you set for yourself within relationships. This doesn't just mean romantic relationships but with family and friendships as well!

Types of Boundaries

- Physical- Your personal space and physical touch
- Intellectual- Your thoughts and ideas
- Emotional- Your feelings
- Sexual- All aspects of sexuality
- Material- Your belongings, like money or possessions
- Time- How you want to spend your time

How do I know my boundaries?

Boundaries are connected to your values. If you value privacy, a physical boundary may be crossed if someone goes through your belongings.

- Start by thinking about your values around the above categories or things that are important to you.
- Create your boundaries before you run into a situation that may violate them. This will help you make better choices.

Write out a boundary for each category.

Physical

Intellectual

Emotional

Sexual

Material

Time
