



THE COACHING GROUP

# BOUNDARIES

BOUNDARIES ARE OFTEN MISTAKEN FOR THREATS OR AN ULTIMATUM. WHAT WE REALLY MEAN IS HAVING THE SPACE AND FREEDOM TO LIVE OUR VALUES IN COMFORT AND WITHOUT FEELING COMPROMISED.

To get started, think about the different types of boundary below

Emotional – being clear on what emotion is yours and what isn't  
Intellectual – respecting differing views  
Physical – space and physical touch  
Financial – how money is handled in a relationship  
Sexual – physical intimacy and consent  
Material – acceptable use of material possessions  
Time – punctuality and availability of time  
Conversational – acceptable topics of conversation  
Comment – acceptable comment types/topics  
Social – acceptable sharing on social media

Do any resonate with you?

Reflect on past situations where you felt uncomfortable or compromised. What boundaries could have prevented or eased those situations?

From the boundaries you have identified, which are the most important?

