



THE COACHING GROUP

SETTING HEALTHY BOUNDARIES

BOUNDARIES ARE AN IMPORTANT ELEMENT IN ANY AND ALL HEALTHY RELATIONSHIPS. THEY HELP US UNDERSTAND EXPECTATIONS IN A RELATIONSHIP AND SHOW US HOW WE CAN RESPECT EACH OTHER.

Think about the boundaries that are most important to you, and answer the following questions:

- Who do you need to communicate them to?
- How will you communicate them?
- How will you reinforce them? (Positive reinforcement/consequences)
- What will you say if someone pushes your boundary?
- How will maintaining this boundary benefit you? How will you feel?

