



You have your own feelings, thoughts, opinions and responsibilities. They are not based on another person's. A boundary is the dividing line between you and another person. We are all different emotionally, mentally and physically.

When you have no boundaries, you can become mixed up with someone's feelings or needs and think they are your own. You may have very rigid boundaries and not let anyone near you or your feelings. The goal is to have flexible boundaries based on people and situations in your life.

With a healthy set of boundaries, you will not feel responsible for another's feelings or thoughts.

## Ways to establish healthy boundaries:

- Set your own feelings and thoughts as a priority.
- Practice listening to your own feelings, needs and thoughts.
- Practice listening to your intuition or your *"inner voice"*.
- Do not feel you have to justify your thoughts or feelings to another.
- Find out what it is **you** really want.
- Know who and what you are responsible for and deal with that.
- Do not let anyone force you to do what you know is not right for you.
- Do not become totally dependent on anyone.
- Know that you have a right to set limits and expect them to be respected by others.
- Remember you are not responsible for anyone's feelings or thoughts.
- Do not try to control anyone else.
- Do not shut everyone out. Practice being flexible with the people you love and trust.
- Expect others to respect your personal space and do the same in return.