

BOUNDARY SETTING IN HEALTHY RELATIONSHIPS

Boundaries are the limits and rules we set for ourselves. Establishing healthy boundaries in our interpersonal relationships is a way to stay true to our values and can serve as a roadmap when faced with challenging situations.

Feelings of resentment, frustration, discomfort, or anger can signal that someone is violating your boundaries, or that you need more defined parameters for your interactions. By addressing this, you will be able to take care of your needs and enjoy the relationship.



Expect to feel some anxiety, guilt, or fear when you set boundaries or call attention to a broken boundary, especially if you are someone who typically practices avoidance.

The following are a few examples of healthy relationship boundaries. Keep in mind that everyone's boundaries differ since personal priorities and values vary.

- I will not put time into relationships that are too needy or deplete my energy.
- I expect honesty and respect in my relationships.
- I need time and space for my own hobbies, interests, and friendships.
- I will not sacrifice my goals to please others.

Remember that it is reasonable to adjust certain boundaries from time-to-time given circumstances. That does not mean you are a pushover. Being overly rigid with certain boundaries can lead to other problems.

Are you feeling taken advantage of or having a hard time putting yourself first? Contact your Employee Assistance Program for help.

Selva, J. Positive Psychology. How to Set Healthy Boundaries. February 24, 2021.
<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.



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