

IMPORTANCE OF BOUNDARIES

HEALTHY



balanced
and
intentional

UNHEALTHY



non-existent
loose
un-intentional



imbalanced
erratic
inconsistent



rigid
stubborn
a wall

REMEMBER! our boundaries can be shifting and changing. Just because we may be people pleasing in one moment, doesn't mean we won't be stubborn and rigid in another moment... or feel very balanced in another.

Boundaries may look different from one relationship to another as well as from situation to situation.

Sometimes, when another person is not respecting your boundaries, it truly has little to do with you... At that point, the choice is yours in relation to who gets access to your energy. You deserve a life filled with people that respect YOU!

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Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

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5 STEPS TO SET

1. Acknowledge your thoughts/feelings/emotions
2. Respect them with compassion/non-judgement
3. Communicate your needs to yourself and/or others
4. Connect to the moment/breath to ensure balancing your energy before acting/reacting
5. Thank yourself for your work, patience, and growth

SIGNS OF HEALTHY BOUNDARIES

- Saying no to things you don't want to do **without** shame or guilt attached
- Saying yes because **you** want to
- Learning to develop appropriate trust in people
- Understanding and accepting the 'grey areas' in life
- Asking for help when you need it
- Feeling safe to fully feel and express emotions
- Taking time to **connect with intention** before acting/reacting out of emotion
- Understanding that others are not mind readers
- Asking for what you want or need and practicing clear communication
- Not feeling responsible for the emotions of others
- Being 'plugged in' to yourself and your needs
- Aligning yourself to your own morals, values, and beliefs
- Taking responsibility for your life, becoming the author of your life
- Above all, treating yourself with respect and love because you know you're deserving of it

