

# Setting Boundaries

The first part of defining boundaries is to determine what is important to you. Think about what you like, what brings you joy. These are the behaviors you are willing to accept and even invite into your relationships.

Now, think about what you do not like, what makes you uncomfortable, anxious, or even scared. These are the behaviors to set boundaries for. You do not want these behaviors in your relationship. Here are 4 easy steps to making and keeping boundaries in any relationship.



## 1. Define

Identify your desired boundary. What is important to you?

## 2. Communicate

Say what you need to say. Clearly communicate that you do not want to participate in the activity.

## 3. Stay Simple

Don't over explain or defend yourself. It's up to you to determine what you do and don't do.

## 4. Set consequences

Set consequences that you are willing to follow through on.