

# Setting healthy boundaries

Setting healthy boundaries is so important but can be a little tricky. Understanding the type of boundary, you are trying to achieve, can help break down how you will approach the situation. What boundaries do you need to work on? Which category do they fit into? Try and outlining how to define, communicate, acknowledge and keep your boundary.

	Define the boundary and why it is important	Communicate the boundary	Acknowledge the needs of others	Keep the boundary established
<b>Physical</b> “I don’t like it when you stand so close to me when we are talking.”				
<b>Social</b> “I’d rather not talk about my religion with you.”				
<b>Emotional</b> “I don’t feel comfortable talking about my relationship with you.”				
<b>Time</b> “I can’t be there today but I have time next Wednesday.”				