



Boundaries and Personal Space

What Are Boundaries?



- They are like a property line. The sign is visible and protects the boundary.
- Personal boundaries are harder to define because the lines are invisible, can change, and are unique to each individual.

Why do we need boundaries?

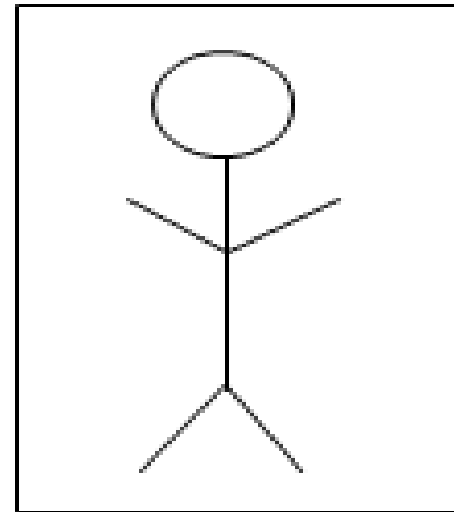
- Boundaries keep us safe by guarding our self esteem and self-respect
- Boundaries give us a sense of identity: protect us from physical and emotional intrusion
- Boundaries empower us to make healthy choices and take responsibility



Rigid Boundaries

- These boundaries are like an impenetrable wall. Nothing can go in or come out.

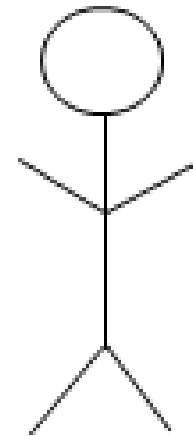
Rigid Boundary



No Boundaries

- This person is unprotected. Everything flows in and out without choice.

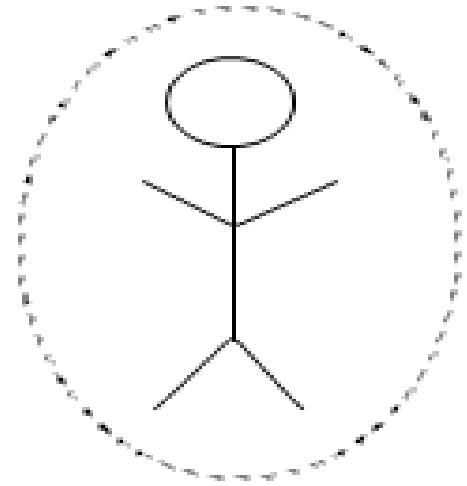
No Boundary



Partial Boundaries

- These boundaries work occasionally, but are unreliable.

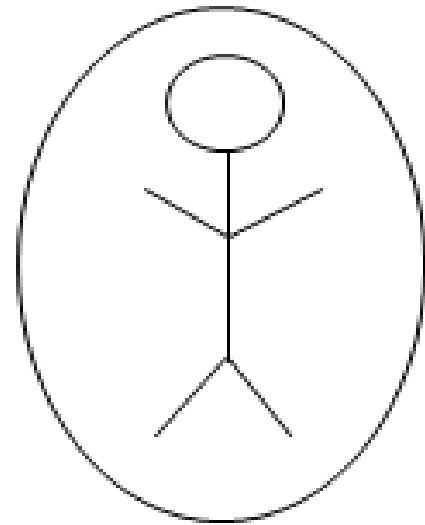
Partial Boundary



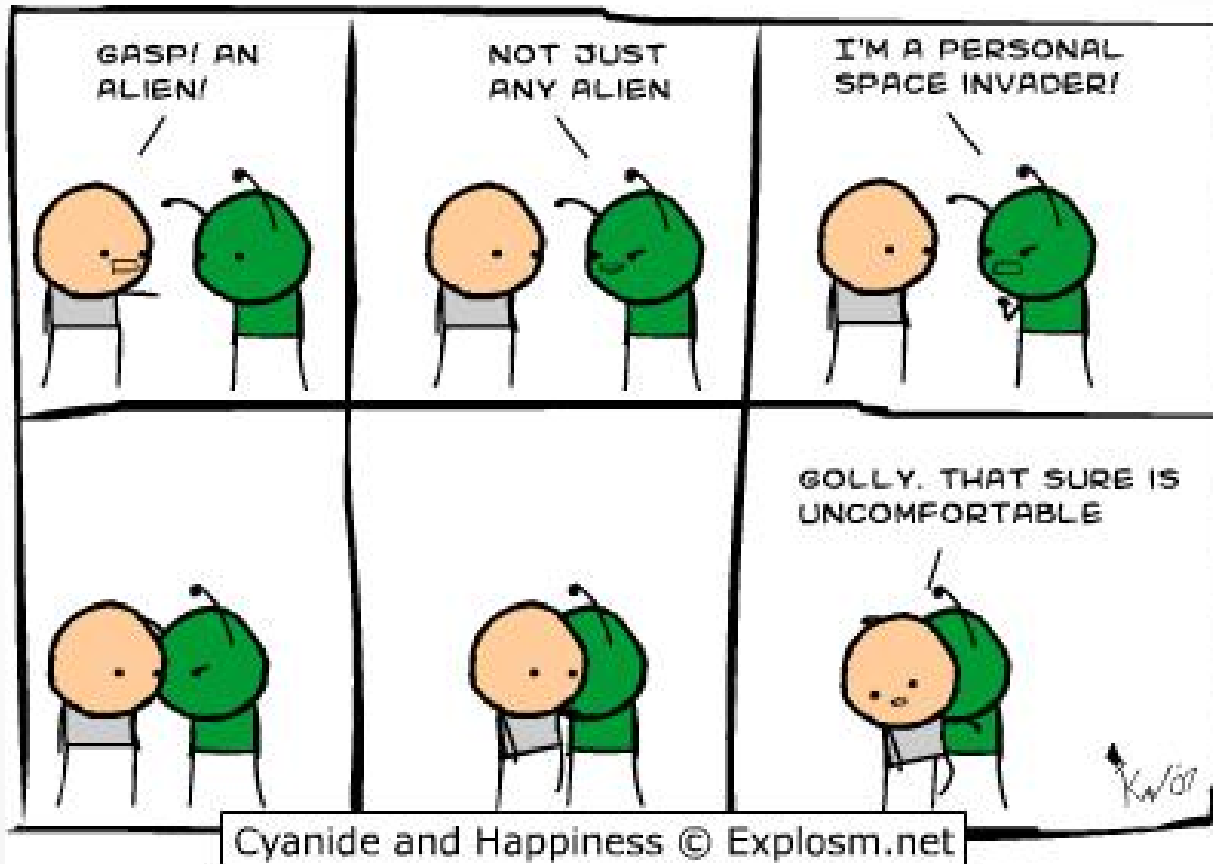
Healthy Boundaries

- These boundaries are protective and empowering because the person choose what is allowed in and out.

Healthy Boundary



Boundaries Activity



Processing Questions

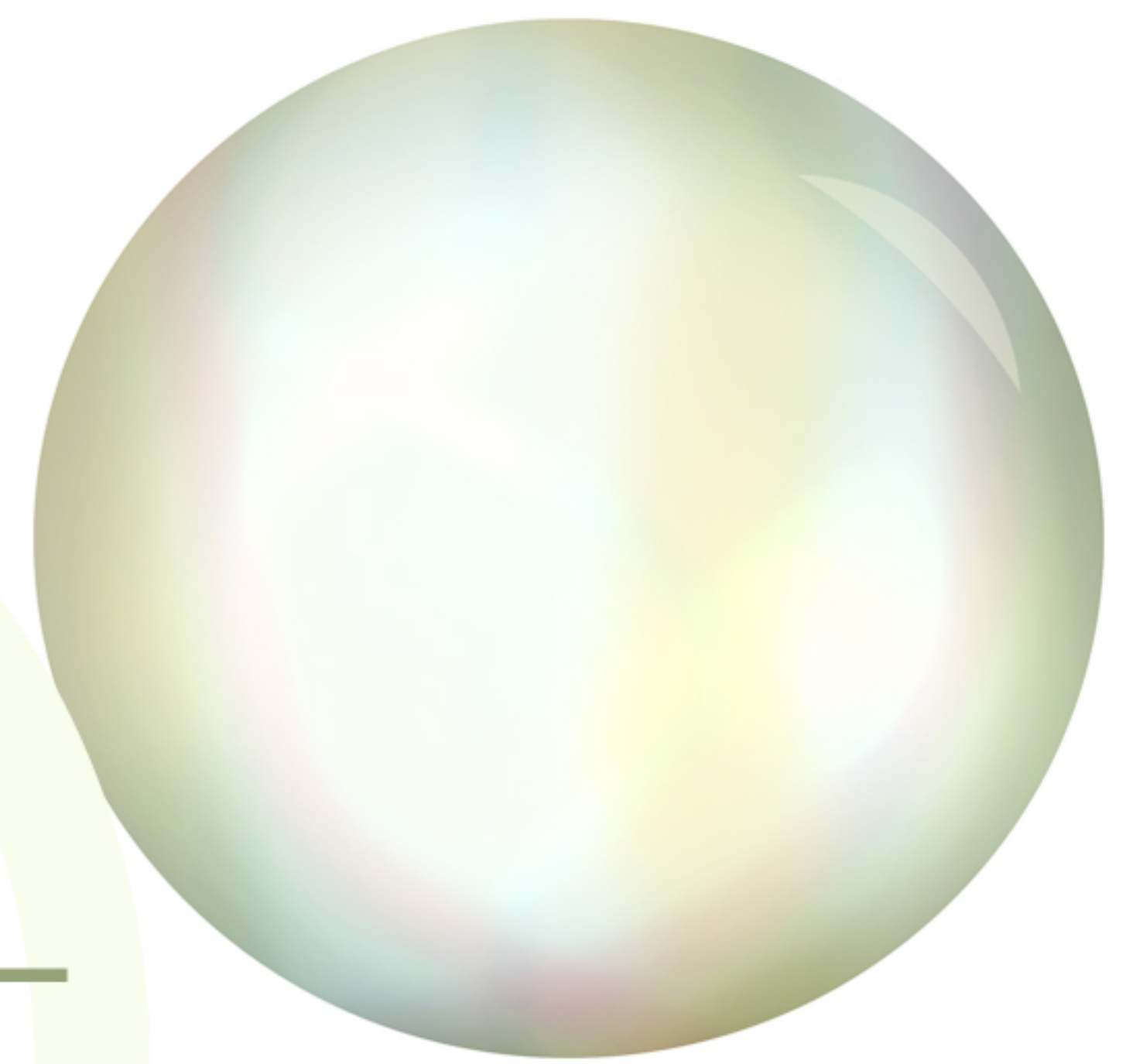
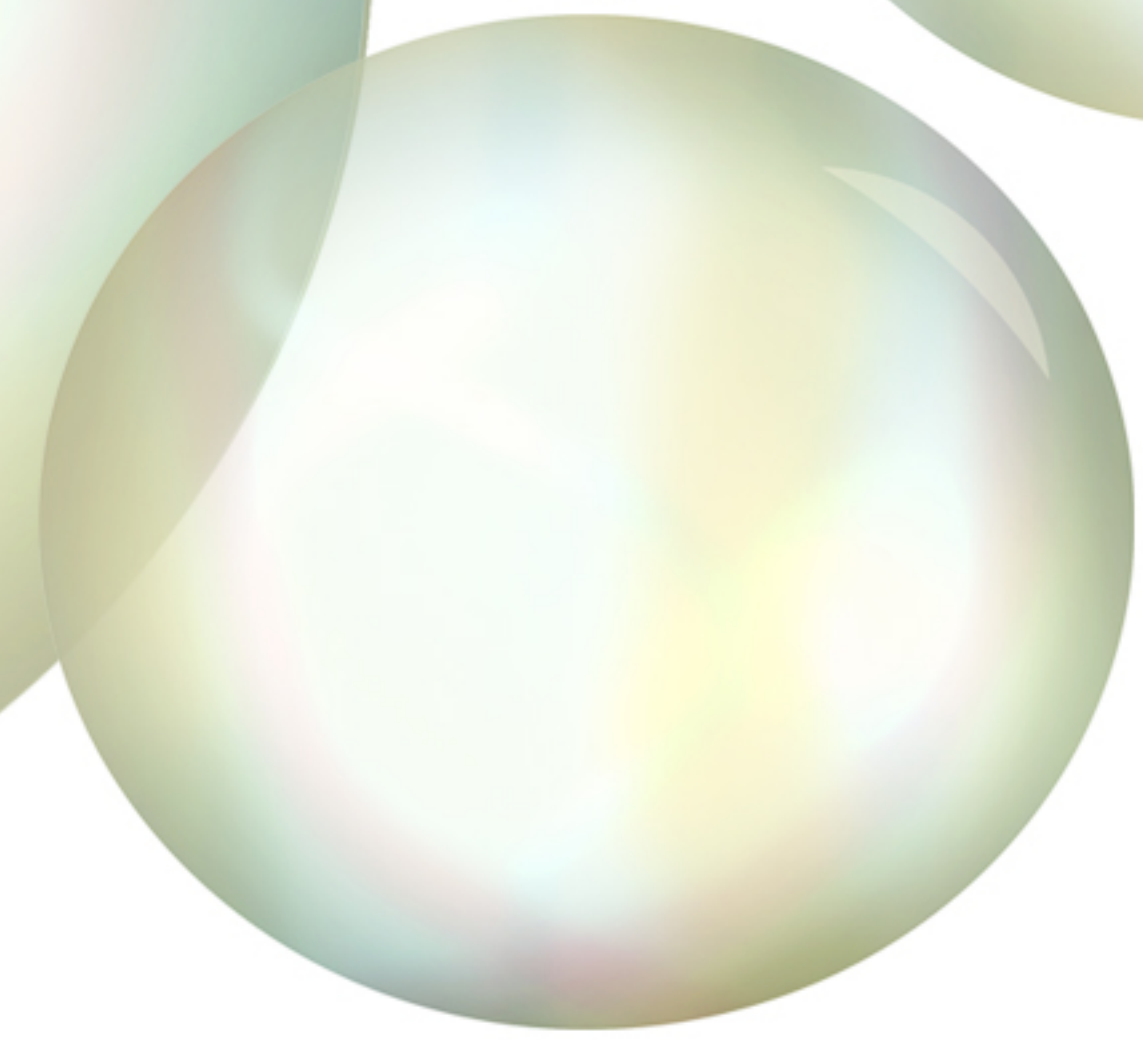
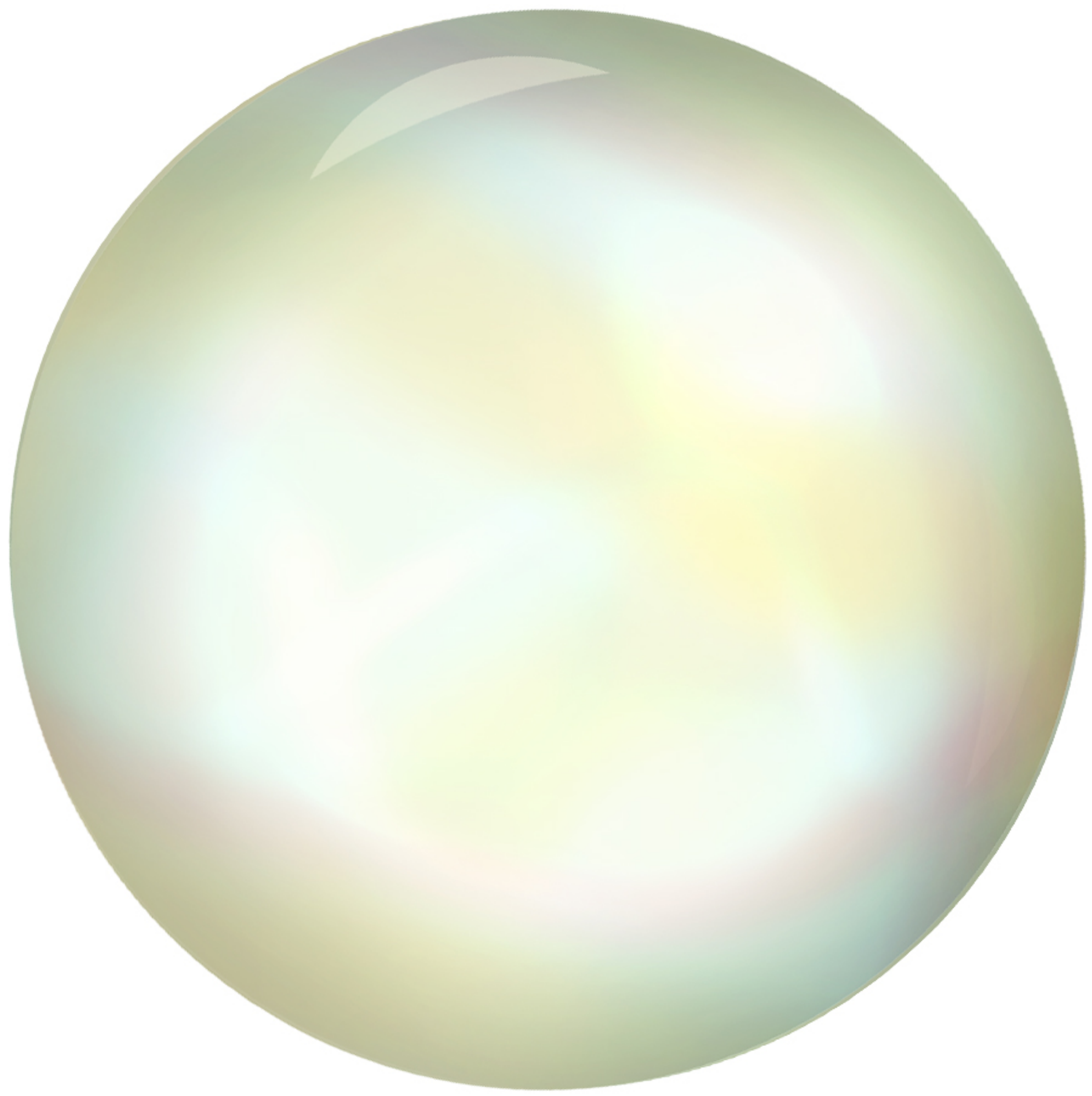
- Did any of the requests make you feel uncomfortable? If so, which ones?
- Why was this request uncomfortable?
- How did you know when your partner was uncomfortable?
- What is the most effective way to express that you feel uncomfortable with another person being in your personal space?

Recap

- Know your personal boundaries
- Communicate your boundaries
- Help others respect their boundaries
- Be observant of non-verbal cues and body language
- Be assertive, not aggressive or passive
- Be clear and specific
- Let the other person know that your boundaries are non-negotiable
- Develop a support system of people who respect your right to set boundaries. Stay away from those who manipulate, abuse, and control you.



MY BUBBLE



My bubble is an invisible space around me.

What it feels like inside my bubble:

What I say when I feel like someone is not respecting my space:

How I respect my bubble space:

How I respect other's bubbles:

What I like about my bubble:

Why we all need our bubbles:
