



# Boundaries and Personal Space

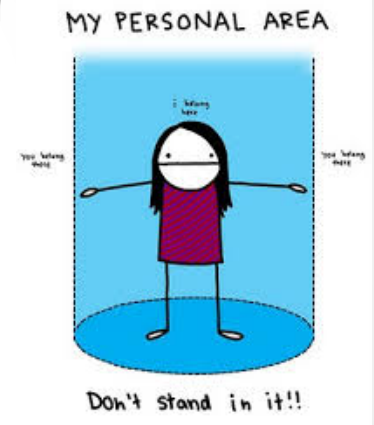
# What Are Boundaries?



- 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?

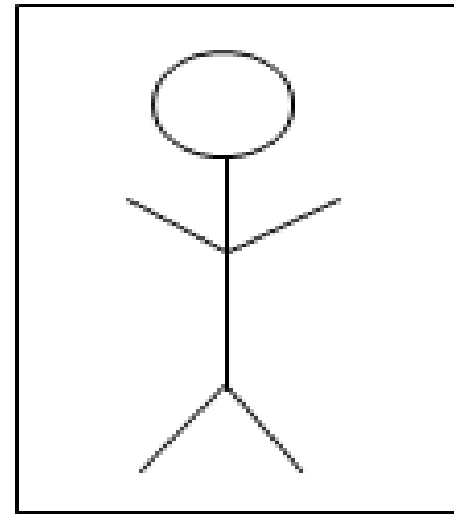
- Boundaries keep us safe by guarding our self esteem and self-respect
- Boundaries give us a sense of identity: protect us from physical and emotional intrusion
- Boundaries empower us to make healthy choices and take responsibility



# Rigid Boundaries

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

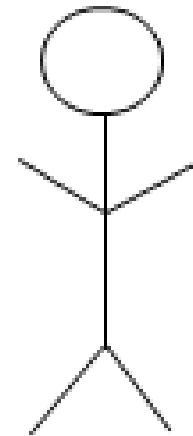
**Rigid Boundary**



# No Boundaries

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

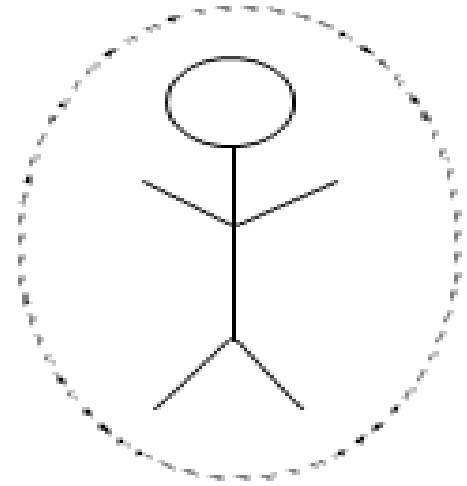
No Boundary



# Partial Boundaries

- These boundaries work occasionally, but are unreliable.

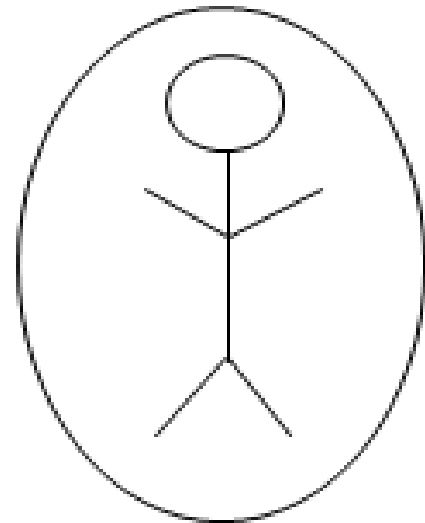
Partial Boundary



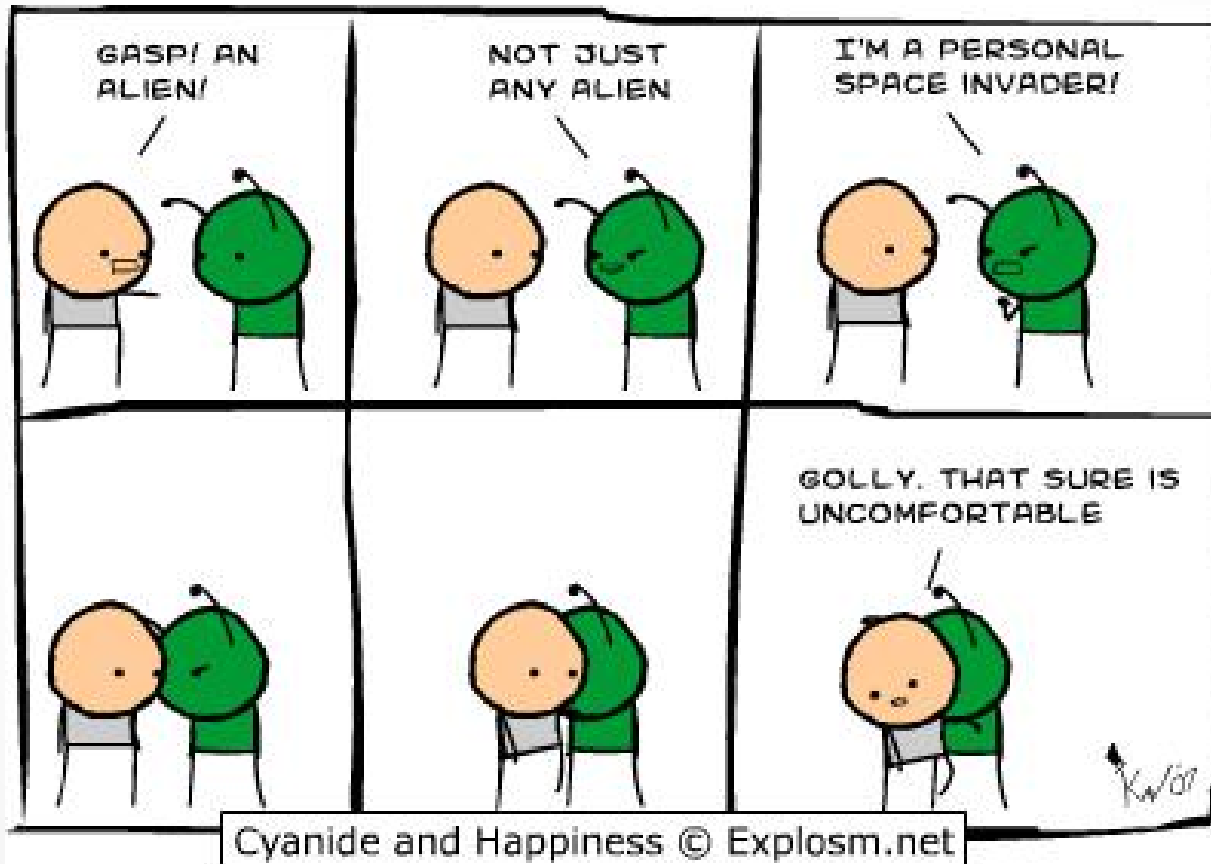
# Healthy Boundaries

- 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.

