



# QUARTERLY NEWSLETTER

MAY ISSUE

MENTAL HEALTH AWARENESS MONTH

## Setting Boundaries: Protecting Your Peace Without Guilt



NEED HELP WITH BOUNDARIES?  
**CONTACT US NOW!**



[HTTPS://JADEFAMILYTHERAPY.COM](https://jodefamilyptherapy.com)

(470) 816-5001

[ADMIN@JADEFAMILYTHERAPY.COM](mailto:ADMIN@JADEFAMILYTHERAPY.COM)

**Boundaries aren't barriers;** they are bridges to healthier relationships, deeper self-respect, and greater emotional freedom. They help us define our limits, values, and emotional capacity.

For many of us, especially those in roles rooted in care and compassion, such as helpers, healers, parents, and caregivers — setting boundaries can feel profoundly uncomfortable. We often fear that **saying "no"** might make us seem selfish, unkind, or unapproachable. In truth, this discomfort is usually tied to deeply ingrained beliefs: that our worth is measured by how much we give, how available we are, or how well we meet the needs of others.

**Honoring our boundaries is not about rejecting others,** rather, it is about engaging in our relationships as whole, honest, and emotionally healthy individuals. It involves ensuring that we do not consistently give from a place of depletion, but instead from a place of abundance. By respecting our own needs, we model healthy dynamics and empower others to do the same.

**After all, you cannot pour from an empty cup!**



## Why Boundaries Matter?

Boundaries are essential for:

- Protecting your emotional, mental, and physical health
- Reducing burnout and resentment
- Encouraging mutual respect in relationships
- Creating clarity and predictability in communication

Whether it involves saying "no" to additional responsibilities, limiting availability after work hours, or being honest about your emotional limits, establishing these boundaries is essential for maintaining your well-being.

### COMMON BOUNDARY MYTHS

✗ "Setting boundaries is rude."

✓ Healthy boundaries are respectful to both parties. They promote understanding, not conflict.

✗ "If I set limits, people will leave me."

✓ Those meant to be in your life will respect your growth. Boundaries often strengthen relationships, not weaken them.

### BOUNDARY AFFIRMATION OF THE MONTH

"I honor my needs and give myself permission to set healthy boundaries without guilt."



## How to Start Setting Boundaries?

- **Identify Your Needs:**
  - Where are you feeling drained or overwhelmed? That's usually a clue that a boundary is needed.
- **Use Clear Language:**
  - Be direct and kind. "I'm not available after 6 PM" is better than vague avoidance.
- **Prepare for Pushback:**
  - Not everyone will love your boundaries, but their discomfort isn't a reason to drop them.
- **Stay Consistent:**
  - Boundaries are only as effective as our willingness to maintain them.



### THERAPIST NOTES

If you have ever felt guilty for saying or worried that setting limits might hurt others, know that you are not alone. Establishing boundaries is a process that often challenges lifelong beliefs about what it means to be "good" or "giving." However, here is a gentle reminder: you are allowed to protect your peace.

*Zulima Webster*