

A photograph of two young Black women with curly hair, smiling warmly in a kitchen. They are surrounded by fresh fruit, including watermelon, oranges, and bananas. The woman on the left is wearing a red off-the-shoulder top and yellow earrings, while the woman on the right is wearing a blue tank top and blue earrings. A large orange banner with white text is overlaid on the bottom half of the image.

The Basics on  
*Boundaries*

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**Boundaries are  
commitments you make  
to yourself to maintain  
your self-worth, dignity,  
and internal esteem.**

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**Boundaries are “I will”  
statements that help you  
keep promises to yourself.**

**“I will walk away when  
someone disrespects me.”**

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**Boundaries are more effective when they are created BEFORE an offense or situation arises. If you must create a boundary after an incident, be sure it's about what YOU will do—not what the other person won't do to you.**

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**Boundaries are NOT  
bullets we aim at  
others when they  
make us angry.**



**Boundaries are ways we  
keep people from  
walking all over our well-  
watered and growing  
“green grass” called our  
self-esteem.**



**The grass is not greener  
over there. They simply  
have boundaries in place  
to keep folks from  
treading all through their  
lawn and garden.**



**Creating boundaries  
are for your self-  
protection and a sign  
of your internal levels  
of self-worth.**





**We learn about boundaries from the people who raised and nurtured us. When those around us focused on boundaries instead of rules, we find it easier to normalize and implement boundaries into our own lives.**



**Those who did not grow up with boundaries often grew up with rules and regulations. Rules are the very opposite of boundaries because they are reactions to unacceptable behavior and not commitments to our own health.**



**Boundaries are NOT  
rules, regulations, or  
consequences.**



**Boundaries are deeply tied to your standards. When your standards are not met, boundaries go into effect. If you do not have clear standards, your boundaries may also be unclear.**

# Instead of...

Don't call me when you know I'm busy at work, and I have a deadline.

## **A healthy boundary is:**

I will call my loved ones when I have enough time to fully focus and engage with them. I will not answer calls or messages when I don't have the bandwidth to fully engage.

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# Instead of...

You can't call and ask to come to my house after midnight. I'm not a booty call.

## **A healthy boundary is:**

I will invite individuals into my sacred and private space at times that feel good to me and when I fully trust them. I will gauge my trust on how safe they make me feel. I will agree to meet new acquaintances in public spaces.

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# Instead of...

You can't tell me what and how to think. I don't deal with people who try to tell me what to think.

## **A healthy boundary is:**

I will always have my own beliefs and stand firm on my beliefs. I will not engage in conversations where I have a differing opinion from others and there is no space for compromise or consideration about the topic at hand.

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# Instead of...

What you're not going to do is yell and  
scream at me!

## **A healthy boundary is:**

I will be open to have respectful, calm,  
and effective conversations with others  
even if the conversations are difficult to  
have. I will tell others that I plan to stop  
all communication if I am verbally  
disrespected in any way.

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# Instead of...

You lied to me, and I'm not going to tolerate you lying to me. If you lie again, I'm going to stop talking to you.

## **A healthy boundary is:**

I will only accept honesty and truth from individuals in my life. I will listen to my intuition when I believe I am being lied to. I will simply choose not to respond to what I perceive to be a lie.

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**You are in control of  
how you protect  
your heart, mind,  
spirit, and soul.  
Boundaries help you  
do that.**

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**If you have only  
attempted to punish  
others instead of putting  
boundaries in place,  
boundaries will feel scary  
to you in the beginning.**

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**In the beginning, boundaries  
can feel like self-punishment.**

**You can often feel a huge  
amount of grief for having to  
set a boundary and not  
engage with someone you  
deeply love.**

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**You have to remember that boundaries may feel like self-punishment; however, they keep you from being directly hurt by those you thought were incapable of deliberately hurting you.**

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**If you are afraid of the loss that may come along with setting boundaries, be sure to have a support system in place to help you manage and maneuver through the process of making a decision that is great for you, but doesn't feel good in the**

**moment.**

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# **Boundaries DEFINITELY incur loss. Be prepared.**

**You lose:**

- **people who lack integrity**
- **people who don't respect your standards**
- **people who don't have the same values as you**
- **people who do not care if they hurt you**
- **people who believe you are willing to endure anything for them**
- **the impending betrayal that comes from relationships where standards are ignored**

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**Boundaries make  
you feel courageous  
in your decisions.**





**Boundaries keep  
your heart tender  
and pure.**



**Boundaries  
decrease bitterness  
and resentment in  
your spirit.**



**Boundaries help  
you sleep in peace  
and move in  
authenticity.**



**Boundaries  
facilitate healthy  
mending and  
healing.**