



Boundaries

Seven Steps of Setting a Limit

Often when lists are made in the psychological world, people don't necessarily use the skills listed in sequential order. For setting a boundary, these steps are actually in sequential order most of the time, depending on the person you're interacting with, and the relationship you have with them. In the original material, from a source that cannot be recalled unfortunately, there wasn't the number one listed below.

1. Suze's thoughts on what comes first: Nonverbal communication—Move away from someone or give someone a look if you are uncomfortable or unhappy with something that someone is doing.
2. Inform—Reflect to the other person information about the behavior they are doing and the impact that has on you.
3. Request—Ask the other person for what you want them to do differently.
4. Instruct—Tell the other person what you need them to do now.
5. Warn—Firmly state what you will not tolerate and the consequences if that person continues.
6. Take a Stand—Tell the other person to stop the behavior or interaction when you immediately see them repeating offensive behavior and give the consequences discussed in the previous step.
7. Leave—End the interaction, usually by leaving the area. You can also ask the person to leave the area