



BroknOpen

NOT YOUR AVERAGE THERAPIST

KNOW YOUR BOUNDARIES

understand your limits, values, and needs

Boundaries are the limits and rules we set for ourselves within relationships. They help protect your well-being and ensure your needs are respected.

WHAT ARE BOUNDARIES?



Boundaries are the physical, emotional, and mental limits you set to protect your time, energy, body, values, and peace.

WHY BOUNDARIES MATTER

- ♥ They protect your mental and emotional health.
- ♥ They prevent resentment and burnout.
- ♥ They help you build healthier, more respectful relationships.
- ♥ They allow you to show up as your authentic self.
- ♥ They teach others how to treat you.

TYPES OF BOUNDARIES



PHYSICAL

Your personal space, body, and physical comfort.

Examples: personal space, touch, privacy, physical safety.



INTELLECTUAL

Your thoughts, ideas, opinions, and beliefs.

Examples: respecting my point of view, not dismissing my ideas.



EMOTIONAL

Your feelings and emotional well-being.

Examples: knowing my emotional limits, not taking on others' emotions.



MATERIAL

Your belongings, finances, and resources.

Examples: lending money, borrowing items, sharing.



TIME

Your time, energy, and availability.

Examples: saying no to overcommitment, protecting my downtime.



Reflection Prompt



What areas of your life feel most difficult to set boundaries in?
What do you need more of (time, space, respect, support)?



You are allowed to set boundaries that protect your peace.
You don't need permission to take care of yourself.