



EVA CARROLL  
INSPIRE AND ACHIEVE

# SETTING CLEAR BOUNDARIES



**Setting boundaries is an important aspect of maintaining healthy and mutually respectful relationships. Here are some steps you can take to establish boundaries and address situations where they may be broken:**

- **Identify your boundaries:** Take some time to reflect on your own needs, values, and limits. What are the behaviours or actions that make you uncomfortable or upset?
- **Communicate them clearly:** Be clear and respectful but express your needs. Be assertive but not aggressive, and use "I" statements to express your feelings and needs. For example, instead of saying, "You always interrupt me and it's so annoying," you could say, "I feel frustrated when I'm interrupted while speaking."
- **Be firm:** It's important to be firm in asserting your boundaries and not to waver or compromise them. This may require repeating your boundaries or enforcing consequences if they are repeatedly disregarded.
- **Address boundary violations:** If somebody violates your boundaries, address the issue promptly and directly. Approach the conversation with empathy and understanding, but also be clear about how their behaviour has impacted you and what you need from them moving forward.
- **Set consequences:** It's important to establish consequences for boundary violations and be prepared to enforce them if necessary. This could involve reducing the amount of time you spend with this person, taking a break from the relationship, or ending it altogether.
- **Seek support if needed:** If you're struggling to set boundaries or address boundary violations, consider seeking professional support to gain further guidance and perspective.

**Setting boundaries is a healthy and necessary part of ALL relationships.**

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