

Boundaries

Boundaries are lines and limits you create between yourself and others. There are different types of boundaries – physical, emotional, sexual, material/financial, and time boundaries.

- **Physical and Sexual Boundaries:** These boundaries may apply to others' proximity to your body or your space. Examples include whether or not you are okay with hugs or other physical and sexual contact or who you allow to be in your space.
- **Emotional and Mental Boundaries:** These boundaries relate to your emotions. No one should make you feel a certain way or talk you out of your emotions. Examples include not allowing others to tell you to change your emotional state, taking time away when someone around you is expressing anger, or not taking on the emotions of others. Abusers may make their partners feel guilty or responsible for their abusive choices. This is not the survivor's job.
- **Time and Material Boundaries:** These boundaries relate to how you spend your time and resources, such as money. Examples include whether you choose to let your partner access your personal materials or how you choose to save and spend your money.

Healthy boundaries are required for healthy relationships.

In situations of gender-based violence, abusers are often violating boundaries.

- **Manipulation and Control:** Abusers may isolate the victim, control their finances, or make threats to ensure compliance.
- **Emotional Abuse:** Abusers may belittle, criticize, or insult the victim.

