

# Setting and Maintaining Boundaries

When we have healthy boundaries, we can accept positive people and actions in our lives and protect ourselves from those that are harmful. In trying to protect ourselves, we may have learned not to trust anyone or to allow anyone to get close to us emotionally. On the other hand, in our search for love and acceptance, we may have made ourselves too vulnerable and let others hurt us too easily. Healthy boundaries let us choose whom to trust, how far to trust them, and what actions to accept from them – we also learn to respect the boundaries of others in what we do or say to them.

1. List some of the people that you have difficulty setting or maintaining healthy boundaries with, along with situations where you have trouble setting boundaries, and what the results have been.

Person	Situation	What Happens	How You Are Affected

2. If there are people, situations, or actions with which you can set and maintain healthy boundaries, please list them here.

Person	Situation	Action or Behaviour

# Decision Making Exercise

Think of a situation in which you have a difficult time being assertive. This could be when you feel intimidated, when you are unable to state how you really feel, when you feel taken advantage of, or when you feel disrespected. You have the right to be heard, but you also must take time to listen to others. Be polite, be able to compromise, and state your needs clearly.

In your situation:

1. How do you feel?

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2. When do you feel this way? What is the other person doing?

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3. What do you want to do about it? What do you want the other person to do?

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## Assertiveness Formula

I feel *(One word)* \_\_\_\_\_ when you *(Describe specific behaviour)* \_\_\_\_\_  
because *(Describe impact)* \_\_\_\_\_  
\_\_\_\_\_ . I want/would like you to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ .

# Assertiveness Formula

While using the *Effective Decision-Making* tools on the previous slides as a guide, use the following exercise to help you the next time you need help with making a decision.

What is your present situation?

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What would you like it to be?

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What could you change to get there?

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What information do you need to make an effective decision?

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What are your possible decisions?

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How likely is the outcome of each choice?

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What are you committed to working on right now?

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How will you implement your decisions?

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Who could help you?

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