

## Top Boundary Setting Hacks

A boundary is where one person ends and another begins.

It is anything that marks a limit. Psychological limits define personal dignity.

Setting boundaries is one of many topics (like sleep, nutrition and exercise) that fit under the category "self-care". Healthy boundaries are a crucial component of self-care. That's because "in work or in our personal relationships, poor boundaries lead to resentment, anger, and burnout" (Nelson, 2016). Some teachers say that setting boundaries helps them avoid burnout and stay in the profession longer (Bernstein-Yamashiro & Noam, 2013).

### Communication Tips for When a Boundary Has Been Crossed



#### Define

How was a boundary crossed?  
How did you know? What were the physical and emotional effects you noted? What change is needed to put the boundary back in place?



#### Communicate

Use I-statements:

I'm not comfortable with this.

I'll need to think about that/check my calendar/etc... and get back to you.

I see your point, but I think differently about this.

I'd love to come, but I can only stay for an hour.



#### Remember Your Why

Why is this boundary important?  
Why was it put in place?



#### Don't Overexplain

No need to defend your boundary.

### Saying "No"

I'm not comfortable with how this is going...

Sorry, but this does work for me because...

I don't know yet. I want to think about it first.

Sorry to interrupt, I'd like to/I need/etc...

I'm feeling troubled by...

Please stop yelling at me, or I will need to...

Thanks for the offer, but I am going to decline.

I'll need to think about that.

That won't work for me.

No.



Link to watch - <https://youtu.be/jPTARhWEZZw>

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