



# Boundaries

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What are they?

How do I get them?

What would that look like?

These are all questions I've asked myself when learning about boundaries. Unfortunately, we're never really taught about boundaries or why they are so important for our mental health and well-being.



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Boundaries are what keep us safe - both emotionally and physically! In the same way that a castle has boundaries to keep itself safe.

When we don't have boundaries, or we allow people to cross them regularly, our nervous system can become overwhelmed. You might feel resentful towards people (or yourself) and be unsure why. You might even develop depression or anxiety as a result.



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# So what *are* boundaries?

The following slides have some examples of boundaries, and what you can say to implement them.



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# Example

Physical Boundary - I don't allow people to touch me inappropriately.

*What to say - "I feel uncomfortable when you touch me like that, please stop doing that"*



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# Example

Emotional Boundary - I don't engage in antagonising or hostile conversations.

*What to say - "I don't want to continue this conversation if it is going to be hostile, I'm going to step away and take some time to process"*



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# Example

Financial Boundary - I don't lend people money when I cannot afford to.

*What to say - "I'm sorry to hear that you're struggling financially. I'm not able to offer any financial support at the moment, are there other ways I can be there for you?"*



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I often hear people worry that  
implementing boundaries is  
mean or unkind.

Boundaries tell other people what  
*is* and *isn't* acceptable. It teaches  
them how to interact with you.

It gives people the opportunity to  
treat you how you expect to be  
treated and can improve  
relationships!



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## *Remember*

People that love and respect you,  
will love and respect your  
boundaries. How other people react  
to your boundaries is not your  
responsibility.



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If you're interested in exploring the concept of boundaries further, Brené Brown has researched this topic in depth. You can find her TED Talks on Youtube, on Instagram at @brenebrown or online at [www.brenebrown.com](http://www.brenebrown.com)



Brené Brown

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