

Setting Boundaries

Boundaries are necessary in all aspects of life, from social relationships to work to your mental and physical health.

Are you compromising your comfort for the sake of others?

THE IMPORTANCE OF BOUNDARIES

Boundaries can set universally agreed upon expectations when interacting with others, and clarify individual responsibilities

They can increase personal empowerment and self-respect, while also separating your wants and needs from those of others

HARD AND SOFT BOUNDARIES

One simple way to understand boundaries and properly enforce them without feeling guilty or compromising them is by categorising them as 'hard' or 'soft' boundaries.

- 'Hard' boundaries are non-negotiable. These are boundaries that you will never waver on.
- 'Soft' boundaries are considered aspirations. They are more flexible and reliant on external factors (situations and people).

BOUNDARIES ARE SITUATIONAL

Once you understand the concept, take the time to evaluate your boundaries and label them appropriately.

Keep in mind that your boundaries may evolve. That is normal! But be sure to clearly spell out any changes to people they may impact.

Labelling boundaries is a first step toward understanding your limits better and understanding how to enforce them.

READ MORE: 'A Guide to Setting Better Boundaries'
by Joe Sanok (2022) Harvard Business Review

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