

ESTABLISHING PERSONAL BOUNDARIES

Having well-defined personal boundaries are what makes each person distinct in who they are and what they feel and think. It sends the message that you take responsibility for your life, how you treat others, and lets others know how you expect to be treated. By establishing physical, emotional and mental standards for what you will and will not do, you are protecting yourself from being taken advantage of or mistreated by others.

Determining what you are comfortable/uncomfortable with can take some time. In the journey of trying to figure out what you stand for, remember the following:

- You know yourself the best — trust in what you need, want and value in life.
- You should let others know, in a respectful way, when they have crossed the line with you. By doing so, you are setting the standard for how you feel you deserve to be treated.
- Your needs and feelings are not less or more important than someone else's. Communicate what you need and expect while respecting that another person's views may be different.
- Learn to say "no" when you are uncomfortable with what is happening.

When you have healthy, well-established boundaries you are more likely to be self-confident, aware of your surroundings, and increase the likelihood that your relationships are nurturing, supportive and kind.

