

# The Power of “No”

## How to Set Guilt-Free Boundaries

### *What are Boundaries?*

- Delineation between two or more things. In psychology, boundaries are conceptually where you end and another person begins (personal limits).
- Boundaries help us feel safe (emotionally and physically) and maintain healthy relationships.

### *Types of Boundaries*

- Physical
- Sexual
- Intellectual
- Emotional
- Material
- Time

### *Levels*

- Rigid
- Porous
- Healthy

### *Know Your Limits*

Indicators that it may be time to set or re-establish boundaries include:

- Feeling taken advantage of
- Rehearsing (ruminating) on thoughts and/or behaviors
- Feeling overwhelmed
- Feeling resentful
- Neglecting self-care
- Avoidance
- Feeling abused/mistreated

### *Practical Tips (Establish & Maintain Healthy Boundaries)*

- Clearly communicate your boundary
- Be decisive & honest
- Lean into compassion and love (for self and others)
- Remember to gracefully say “No”
- Navigate push back, violations and limit testing and defensiveness
- Honor acceptance
- Conduct routine status checks with yourself

*\*Remember “What’s On Your Plate”*

*Notes:* \_\_\_\_\_  
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*What's On Your Plate?*