

FEBRUARY 2023

TDVAM: Personal Boundaries 101

Be About It!

Boundaries sound like:

mellow doodies

- I will end this phone call if you continue to shout at me.
- I need time to think about it. I'll come back to you.
- I can stay for half an hour.
- I don't respond to work emails at the weekend.
- Thank you for your offer, unfortunately I can't make it.
- I'm not comfortable with that. If you do it again I will have to leave.
- I'm not comfortable discussing that. Please do not discuss it with me.
- I respect your opinion but this is my life and my decision.

WHAT IS A PERSONAL BOUNDARY AND WHAT IS ITS PURPOSE?

- A self-designed limit
- Informs others and sets a precedent of how you'd like to be treated
- Boundaries allow you to be your true self- to own your feelings and decisions, without having to feel like you need to please others
- Boundaries are a form of self-care
- Boundaries create realistic expectations
- Boundaries promote personal safety

what dating boundaries can sound like

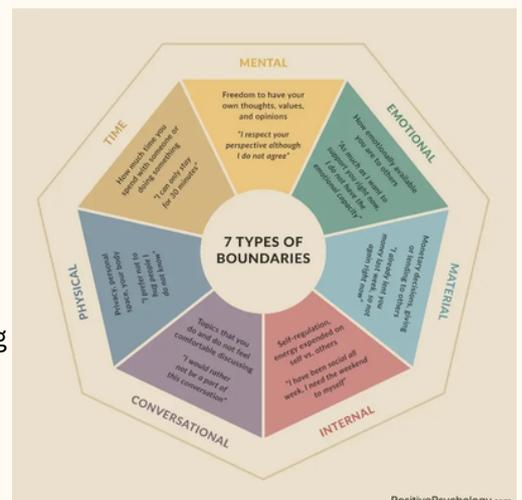
- "IT'S IMPORTANT TO ME HAVING TIME DESIGNATED FOR FRIENDS"
- "WE NEED TO HAVE OUR SERIOUS CONVERSATIONS IN PERSON AND NOT OVER TEXT"
- "I ENJOY SPENDING TIME WITH YOU, BUT I NEED SOME ALONE TIME TODAY"
- "I VALUE YOUR OPINION, BUT I WILL MAKE MY OWN DECISIONS"
- "I'M NOT COMFORTABLE WITH SENDING NUDES"
- "IF YOU RAISE YOUR VOICE, I'M ENDING THE CONVERSATION"
- "I NEED OUR RELATIONSHIP TO BE DEFINED"



7 Types of Personal Boundaries

WHO KNEW THERE WERE SO MANY?!

- **Mental:** Freedom to have your own thoughts, values, & opinions
- **Emotional:** How emotionally available you are to others
- **Material:** Monetary decisions, giving or lending to others
- **Internal:** Self-regulation, energy expended on others vs. self
- **Conversational:** Topics that you do and do not feel comfortable discussing
- **Physical:** Privacy, personal space, your body
- **Time:** How much time you spend with someone or doing something



What does this sound like?

- **Mental:** "I respect your perspective, however I do not agree"
- **Emotional:** "As much as I want to support you right now, I do not have the emotional capacity"
- **Material:** "I already lent you money last week, so not again right now"
- **Internal:** "I have been social all week, I need the weekend to myself"
- **Conversational:** "I would rather not be a part of this conversation"
- **Physical:** "I prefer not to hug people I do not know"
- **Time:** "I can only stay for 30 minutes"



**** Which type is easiest for you to set? Which is most difficult? Why do you think so?**

MANY people struggle with setting boundaries. Why is it difficult to set boundaries?

- **FOMO (FEAR OF MISSING OUT) IS REAL!: THE DESIRE TO KEEP OPENING YOURSELF UP TO NEW OPPORTUNITIES CAN BREED PERSONAL GROWTH, BUT OPERATING IN THE EXTREME CAN CAUSE CHAOS AND LIMIT THE TIME YOU HAVE FOR YOURSELF.**
- **FEAR OF DISAPPROVAL: "YOU'D RATHER EAT THE STRESS THAN LET SOMEONE DOWN."** SOME MAY ASSUME SAYING NO IS A SIGN OF "MORAL FAILING" OR A CHARACTER FLAW. SOME MAY WORRY ABOUT SOCIAL DISAPPROVAL. PERFECTIONISM MAY LEAD TO OBSESSION WITH PERFORMANCE AND HARsher PERSONAL CRITICISM.
- **EVERYONE RESPONDS TO PERSONAL BOUNDARIES DIFFERENTLY: SOME PEOPLE MAY BE MORE RESPECTFUL OF YOUR BOUNDARIES THAN OTHERS. SOMETIMES, THE PEOPLE WHO BENEFITTED MOST FROM YOUR LACK OF BOUNDARIES ARE THE FIRST PEOPLE TO BECOME IRRITATED, ANGRY, AND DISAPPROVING WHEN YOU DO BEGIN TO ESTABLISH BOUNDARIES IN YOUR RELATIONSHIP**



The Spectrum of Communicating Boundaries

Thinking your needs don't matter at all	Recognising that your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or not saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships - other people respect you less	Enhances relationships - other people know where they stand	Damages relationships - other people don't like aggression
Damages your self-esteem	Builds your self-esteem	Damages others self-esteem

A focus on physical & emotional boundaries in TDV



**EVERYONE DESERVES A
RELATIONSHIP FREE OF
VIOLENCE!**



To set boundaries in relationships it is vital to recognize your feelings. We have to differentiate ourselves from the other person.

jennifertwardowski.com

Healthy relationships include:

- Respect for physical boundaries
- Partners know how far the other wants to go based on open communication
- Partners feel comfortable communicating how they feel, and communicate when their feelings might change



Sex is NOT currency!



You do not owe your partner anything and setting a boundary does NOT mean you don't care about them.

Consider these tips for healthier communication (while keeping in mind any risks to your personal safety):

1. **Find the right time:** Calm and undistracted, without any stressors or time constraints
2. **Talk face to face:** Avoid discussing the more serious topics in your relationship via email, text, or anywhere that your tone/message could be misunderstood
3. **Don't attack each other:** Use "I" statements, instead of "you" statements that may cause your partner to become defensive.
4. **Be honest:** Agree to be honest with each other. Lizzo's right, the truth hurts sometimes, but it's essential to a healthy relationship. Taking accountability will ultimately make you feel better and help strengthen your relationship.
5. **Check your body language:** Active listening shows respect to others. Keeping eye contact, putting away distractions, sitting up straight and facing your partner shows that you are giving your full attention.
6. **Utilize the 48 hour rule:** If your partner makes you upset, try to take 48 hours to think about how you feel, and then respond. In the heat of conflict when emotions are heightened, it may be difficult to find a resolution.

*** **Remember:** Your partner cannot read your mind. If you don't speak up when you're upset, there is no opportunity to address the issue, assume responsibility, and change.

