



Set Awesome Personal Boundaries

Personal boundaries are guidelines and rules you set in relationships. Because they consider everyone's needs and limitations, they increase everyone's safety and security.

1. Preferred boundaries can be different for everyone. Ask yourself:

- *What are my needs? What are my limitations or vulnerabilities?*
- *How do I take care of those?*
- *What do I need from my relationships to take care of those?*
- *Do I deserve to have those taken care of? (Many people don't have boundaries because they think that they don't deserve them, they think they are mean, or that people won't like them if they have any. This happens when you have been in relationship with one or more persons who has gaslit your boundaries in the past.)*

2. Negotiating boundaries.

- *You deserve to have your needs, limitations, and vulnerabilities respected.*
- *When relationships are mutually beneficial and built on trust and compassion, you can negotiate relationship parameters together.*
- *You both want to respect each others' needs and limitations because you care about each other.*
- *Respecting boundaries allows for increased closeness and intimacy, not less.*
- *Boundaries can be re-negotiated any time as you or the other person learn about yourselves, or need something extra for some reason.*

3. Setting boundaries that cannot be crossed.

- *Don't negotiate with someone who is disrespecting your boundaries.*
- *People disrespect boundaries for different reasons such as, they have no self-awareness, are self-centered, or are knowingly or unconsciously using power tactics to control you.*
- *In this case, try to spend more time with people who respect your boundaries and less time with these folks.*
- *Don't ask or expect them to respect your boundaries, because they will choose what they want each time. They may make fun of you or gaslight you.*
- *Instead, set boundaries that they cannot cross. For example: don't answer the phone after 9 PM, don't spend time with them alone, block them online, don't get in a car with them, or decline their requests.*

4. Check in with yourself.

- *Do I know what boundaries I need?*
- *Do I have any relationships where my boundaries are disrespected?*
- *Do I spend most of my time and energy with people who respect my boundaries?*
- *Do I need improvement in setting limits with people?*
- *Where can I get more help if I need it?*