

My Relationship Boundaries



Boundaries help us communicate what we are comfortable with, what we need and what we will do to look after ourselves. They are not about controlling another person's choices.



A BOUNDARY IS ABOUT ME

A boundary describes my limit and how I will respond if that limit is crossed. It focuses on what I can choose or do, rather than controlling someone else.



A REQUEST IS DIFFERENT

A request tells another person what I would like them to do. They may agree or disagree. A boundary clarifies what I will do if something is not okay for me.



BOUNDARIES CAN PROTECT CONNECTION

Healthy boundaries can make relationships clearer and safer. They can reduce resentment by helping us communicate limits before we become overwhelmed.



BOUNDARIES CAN FEEL UNCOMFORTABLE

Setting a boundary may bring guilt, anxiety or fear of disappointing someone. Feeling uncomfortable does not automatically mean the boundary is wrong.

REQUEST vs BOUNDARY

Request: "I'd like us to speak calmly when we disagree."

Boundary: "If we start yelling at each other, I'm going to pause the conversation and come back to it when we're calmer."

A boundary is not a punishment.

It is clarity about what I need and what I will do.

Exploring My Boundaries



Use this page to think about an area where you may need more clarity or a stronger boundary. Give yourself room to work out what feels right for you.

1. WHAT MATTERS TO ME IN MY RELATIONSHIPS?

What values or qualities are important to me - for example respect, honesty, privacy, reliability, autonomy, affection or fairness?

2. WHERE DO I NOTICE DISCOMFORT OR RESENTMENT?

Are there situations where I regularly feel pressured, drained, uncomfortable, taken for granted or unable to say what I need?

3. WHERE DO I SAY YES WHEN I WANT TO SAY NO?

What makes it difficult to say no or express a limit? What am I worried might happen?

4. WHAT BOUNDARY MIGHT I NEED?

Be specific. What am I comfortable with, and what am I no longer willing or able to continue?

5. HOW CAN I COMMUNICATE IT CLEARLY?

What words could I use that are calm, direct and focused on my own needs and choices?

6. WHAT WILL I DO IF THE BOUNDARY IS NOT RESPECTED?

What action is within my control? Consider pausing, leaving, reducing contact, seeking support or another response that protects your wellbeing.

A note about safety

If setting a boundary could place you at risk of retaliation, intimidation or harm, seek individual support and prioritise safety.