



BOUNDARIES



CHECK IN

EXAMINE

Are the boundaries you set in your day-to-day life (time, resources, COVID) still working well for you?

- Things have changed a little and I may need to adjust.
- My boundaries are good but they aren't always respected.
- Everything is still working great.

DEFINE

Can some boundaries be updated to reflect your current needs and circumstances?

- I want to set new/updated boundaries w/friends, family, coworkers, etc.
- I want to set new/updated boundaries with strangers.
- There are new boundaries I want to set with myself.

RESTATE

Sometimes we need to remind people of boundaries that are important to us.

- My (person) has a lot going on and doesn't always remember
- I don't feel like my boundary is important to my (person).
- It makes me feel strong to restate my boundaries.

PRACTICE

The more we do something, the more comfortable get.

See if these boundary phrases work for you:

- "Work and school have changed, let's revisit how we divide tasks!"*
- "I know restaurants are open now, I'm still not comfortable eating out."*
- "I just resent the link to my calendar so you can see when I am not available for meetings."*
- "I miss seeing you too, let's do something outdoors!"*

For opportunities to practice setting boundaries, visit:

impactbayarea.org/online_classes