

## SELF-BOUNDARIES

### Self-boundaries

When you set a boundary with yourself, you're saying: "Here's the line between what's okay for me and what's not."

We set boundaries for ourselves to better love and respect ourselves. Boundaries keep us safe and healthy. They allow us to have greater self-compassion.

### Self-boundary examples

- Following a budget with built-in space for occasional impulse purchases
- Allowing yourself a specified amount of time for mindless activities each day
- Designate screens (tv/computer/phone) for certain areas of your home
- Allowing yourself to opt out of gossipy conversations
- Giving yourself permission to stop working at a certain time each afternoon/evening
- Designating work time for responding to work emails
- Making a list for what you need to buy at the store with space for a treat
- Keeping a regular bedtime and wake-up time
- Doing laundry every Friday
- Allowing yourself to cancel plans because you do not feel like socializing
- Giving yourself permission to disengage and re-engage with social media when it serves you
- Taking breaks when you're tired
- Avoiding people who drain your energy, stress you out, etc.
- Making time to care for yourself
- Saying "no" when it doesn't align with your values
- Saying "yes" when you want to (vs feel obligated to)
- Limiting self-criticism

Why can this be so hard?

## Self-Boundaries Exercise

Step 1: Identify different areas of your life where you want to be kinder to yourself.

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Step 2: Write out actions you can take to set self-boundaries that allow you to extend that kindness to yourself.

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Step 3: Write out how you will compassionately hold yourself accountable to this self-boundary (check in with a friend? Write it out and post it visibly where you will see it?).

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*Reminder:* Make incremental changes & don't try to set too many boundaries all at once. Setting boundaries is a process and trying to make too many changes at once can backfire.

*Adapted from The Better Boundaries Workbook by Sharon Martin, MSW, LCSW*

<https://www.livewellwithsharonmartin.com/setting-boundaries-with-yourself/>