



YWCA
SASKATOON

Employment &
Learning Centre

Boundaries = Personal Kindness

YWCA Building Sustainable Futures

Prepared by YWCA Saskatoon as part of the curriculum of **Trade Journey**, the program documented for Phase Three of the YWCA Building Sustainable Futures project.





Getting to Know You

Write **three** statements about yourself:

Two true
One untrue





Goals for Today

- **Expand** our understanding of boundaries and the importance of having them.
- **Recognize** within ourselves when boundaries have potentially been crossed.
- **Discuss and practice** ways to improve our ability to set and honour our boundaries.

Why Is it Important to Talk About Boundaries?

- Boundaries allow us to clarify our needs, wants and values in relationships with others.
- They empower us to make ourselves a priority, and to make choices about how we want to be treated and how we use our time, in ways that are right for us.
- Boundaries help us stand up for or speak up for ourselves while also respecting others.
- They enable us to sustain our emotional, physical and mental well-being in relationships both at home and at work.





Invading Personal Space in Public | Social Experiment (YouTube Video)
<https://www.youtube.com/watch?v=sgJ24hknbHs>



What Is a Boundary?


- Something that indicates or fixes a limit or extent
- A line or an edge



Types of Personal Boundaries

- **Physical** – personal space, touch & privacy
- **Material** – money and possessions
- **Emotional** – feelings and responses
- **Sexual** – touch, activity, choice of partner
- **Intellectual** – thoughts, values, opinions
- **Time** – how we use our time

Healthy Personal Boundaries



An established set of limits over your physical and emotional well-being that you expect others to respect in their relationship with you.



Benefits of Setting & Holding Healthy Boundaries

- **Protect** and honour important parts of our lives
- **Maintain** our own identity and respect the identity of others
- **Increase self-esteem** and self-respect
- **Contribute** to our own and others' overall well-being
- **Offer freedom** from bad behaviour, fear or pain
- **Reduce** stress and anxiety





Cues to Recognize the Need to Set or Reinforce Boundaries

- Feeling uncomfortable about another person's behaviour
- Feeling anger or resentment about a situation or toward another person



Guidelines to Setting Healthy Boundaries

Plan Ahead

- **Notice** – when you are low on energy, feel butterflies in your stomach, or want to cry
- **Reflect** – on your feelings, on why what you're feeling matters to you, and what needs to change
- **Identify** – where you need more space, self-respect, energy or personal power; your words and timing



Guidelines to Setting Healthy Boundaries

Communicate Assertively and Respectfully

- **Be direct**, firm and gracious
- **Keep it simple** – don't debate, defend or over-explain
- **Use confident body language** – eye contact, steady tone of voice and appropriate volume
- **Stay calm** – avoid yelling at or diminishing another person or their needs.



Guidelines to Setting Healthy Boundaries

Back up your Boundary with Action

- **Follow through** – do what you say you will do
- **Seek support** – to stay strong and not give in
- **Remain steadfast** – so you can live your best life



Self-Awareness

- Working individually, identify your answers
- Self-Awareness worksheet

Situational Examples of Setting Healthy Boundaries

Anger: “You may not continue to yell at me. If you do, I will leave the room and end this meeting.”

Buy Time: “I have a policy of not making snap decisions. I need time to think about and reflect on what I want to do. If you need an immediate answer, it will be no.”

Extra Commitments: “Although this is an important issue to me, I must decline your request for my help at this time.”





Scenarios

For each situation below, practice what you would say to set a new boundary assertively or to enforce an existing one.

Remember, treating others with respect will earn you respect in return.

- Your partner has made no effort to look for work or go to school and is always asking to borrow money from you. You want them to stop using you as their own personal bank.
- Your friend repeatedly asks you to take care of her child while she goes out. You want her to take care of her own responsibilities.
- A family member always comments on your weight and suggests dieting. You want them to keep their remarks and advice to themselves.



Boundaries = Personal Kindness

Evaluation

What did you find most useful?
One thing you learned about boundaries...
Something you are still wondering about...