CHECKLIST · RELATIONSHIP

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Setting Healthy Boundaries



Setting healthy boundaries is essential for maintaining respectful and balanced relationships. These steps will help you establish boundaries that protect your well-being while fostering mutual understanding.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Identify Your Needs

Understand what makes you feel safe, respected, and valued. Reflect on areas where you feel drained or uncomfortable.

EXAMPLE *If constant texting from friends overwhelms you, identify that you need limits on communication frequency.*

2 Communicate Clearly

Use straightforward language to express your boundaries without ambiguity. Avoid apologizing unnecessarily.

EXAMPLE *"I need to focus on work during weekdays, so let's catch up over the weekend instead."*

3 Start Small

Begin by setting boundaries in less emotionally charged areas to build confidence and clarity.

EXAMPLE *Politely decline invitations when you're tired, and practice saying no.*

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