



## Setting Boundaries and Speaking up for Yourself

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### A boundary is:

- A necessary skill we need to learn and practice
- A statement we make to ensure we feel safe, heard and respected
- Unique to each of us, based on our beliefs, feelings, needs and intuition
- One of the hardest but best things we can do for our well-being

### What do boundaries sound like when we say them out loud?

- “Thank you for the invite, but I won’t be able to make it”
- “I’m not sure I can commit to that right now, let me get back to you”
- “Shoot, I wish I could help you out, but I can’t today”
- “That isn’t funny to me at all, it is actually hurtful”
- “I’m not comfortable doing that so count me out”

### How to know if you may need to set more boundaries...

Ask yourself the following questions. If you answer “yes” to one or more of these, there is a chance you may need to practice setting boundaries in your life

Do you put other people’s needs before your own?	Do you stay in unhealthy relationships and tolerate poor treatment?	Do you have a hard time asking for what you want or need?
Do you really, truly know yourself?	Do you take on too much work or over commit to things?	Do you go along with others versus standing up for what you believe?
Do you try to fix others with advice or control?	Do you feel responsible for other people’s emotions?	Do you think saying “no” is rude or mean?

### Some Key Tips for Setting Boundaries

- When setting boundaries, it is important to be clear with your needs.
- Communicating our boundaries to other people is HARD
- Discomfort will come on STRONG: anxiety, fear, shame, abandonment sadness and guilt.
- Your body will talk to you - fast heart rate, sweating, tense muscles, sick stomach, feeling spaced out or disconnected, stiff, heavy or restless
- Focus on your BREATH + body
- It takes courage and guts to use our voice. Be true to yourself!

## Speaking Up for Yourself

Please answer the following:

- I struggle speaking up for myself and setting healthy boundaries with the following people:

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- It is important for me to set boundaries with them because it makes me angry, upset, sad etc. when they:

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- What are some specific things I can say or do to let them know what my boundaries are:

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- How will they react when I try to set new boundaries with them?

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- My Feelings and needs are IMPORTANT. If they refuse to listen to my requests or respect my wishes, I will:

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### **It time to start advocating for yourself!** **Not sure where to start? Start here.**

Think of some specific things that you need/want more of from the following people in your life, and write them next to the person you want/need them from.

Your Social Worker:

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Your Friends:

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Your Caregiver (Group Home Staff/Foster Parent/CASA etc.):

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Person of your choice (\_\_\_\_\_):

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