

## Understanding Boundaries Resource

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### What Are Boundaries?

Boundaries are limits we set to protect our body, feelings, time, and values. Healthy boundaries help us stay connected and safe. There are times when the rules and behaviors aka our boundaries that we find acceptable when interacting with people are tested. Many times these boundaries have been influenced from past experiences. Some of these experiences have been boosted and some broken at different points in our lives. For folks who may have had their boundaries boosted or broken by a family member, a friend, co-worker or boss. It's important to remember people break and step over boundaries every day intentionally and unintentionally. Use this resources to focus on some key points to knowing how to boundary check every day.

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### The Spectrum of Boundaries

Rigid	<b>Healthy</b>	Loose
Closed	<b>Clear &amp; respectful</b>	Over-involved
Avoidant	<b>Flexible</b>	People-pleasing
Isolated	<b>Balanced</b>	No limits

### Think About It:

- Healthy boundaries are usually in the **middle**.
  - Which side do you lean toward most often?
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## 2. Types of Boundaries

Type	What It Protects	Healthy Example
Physical	Body & space	Asking before hugging
Emotional	Feelings	Saying no to emotional overload
Time	Energy & schedule	Limiting availability
Digital	Privacy	Not sharing passwords or information

Type	What It Protects	Healthy Example
Material	Belongings	Lending with clear expectations

### 3. What's Connected? What's Appropriate? What's Cultural?

When deciding on a boundary, ask:

**Connected** – How close is the relationship?

- Friend vs. stranger
- Family vs. coworker
- Boss vs. customer

**Appropriate** – Does it fit the setting?

- School, work, home, public
- Rules and expectations
- Age and generational consideration

**Cultural** – How do culture or family norms matter?

- Personal space
- Eye contact
- Sharing emotions
- Power dynamics

### Quick Reflection

One boundary I want to practice or strengthen:

Connect for a free discovery call [sjanahollowayphd.com](https://sjanahollowayphd.com)

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