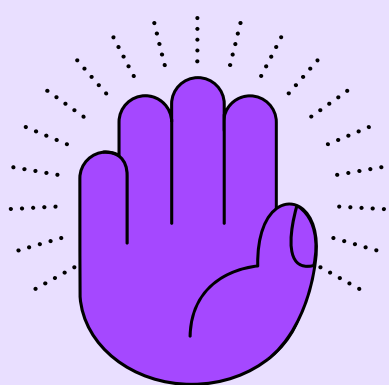# TIPS FOR SETTING CLEAR BOUNDARIES

BE HONEST ABOUT YOUR NEEDS

Understanding your priorities can help you to identify goals in the relationship and improve communication between one another.
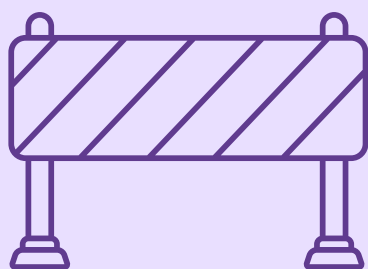
LISTEN ACTIVELY

Listen to what others value in a relationship and look out for non-verbal cues about their own boundaries.

SAYING "NO"

Learning to say "no" is an important part of building a healthy boundary. As scary as it may seem, this helps to protect your physical and emotional boundaries.

SETTING THE CONSEQUENCES

Make a plan from the beginning to decide what happens if your boundaries are violated.

ALLOW ROOM FOR CHANGE

Leave space for boundaries to change over time according to your needs and comfort level of each situation.