Strengthening Your Boundaries Printable

Step 1 What it is that you are feeling?

Embarrassed, overwhelmed; angry, frustrated, drained, humiliated; sad?

Step 2 Stop and identify what has happened that doesn't feel OK for you.

Step 3: Speak Up —Once you recognize what is not OK and how it is affecting you it is time to decide what you want to say to this person or what action you want to take. Speaking up in a respectful way is a Smart Move.

Step 4: Be Assertive. You might find yourself feeling guilty or angry and being passive or aggressive. It is a Smart Move to practice being assertive. Keep in mind that if there is a negative response from the other person or if they want to argue, then it may be best to simply just walk away and focus on taking care of yourself.

Step 5: Take care of yourself.

SMART INSIGHTS

"Being AGGRESSIVE is when someone tries to get what they want by bullying the other person into it or being angry and dominating

Being PASSIVE is when a person is unclear in expressing their needs or afraid. They don't speak up about what they want, but just go along with what the other person wants.

Being ASSERTIVE is when a person says what they want or mean without being hurtful to the other person. They express their needs or opinions clearly while being respectful of the other person."

The boundary being crossed is	The feeling is	The action I am going to take

Tip - Start the sentence with 'I feel; I need; I would like'

Examples:

I am upset that you have borrowed money from me without paying it back. I need to let you know that I am not going to lend you any more until you pay back what you've already given.

I know that you want to talk. I am feeling tired and overwhelmed and I can't talk right now because I need to sleep.

I don't appreciate being spoken to that way and I won't accept it.

I know you are struggling, but I have some of my own stuff to do right now. Who else can help you?"