

WHAT ARE BOUNDARIES?

and why do you need them?

Wikipedia defines personal boundaries as *guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.*

MENTAL

Your thoughts control your direction. Your reactions to your thoughts can dictate how your day goes, or how you react to situations

EMOTIONAL

It's easy to think that someone should act a certain way, but that's based on the emotions you're placing on the moment/event. The same goes for how you feel when someone is saying something about you. Protect how you react to things and your thoughts.

PHYSICAL

These boundaries are about your personal space, physical space where you work and live

SPIRITUAL

These boundaries follow your beliefs, respect of others beliefs, and vice versa

SEXUAL

These boundaries determine your comfort level with sexual contact and conversations with others

MATERIAL

These boundaries cover your physical things you could lend, and/or your time that you give

MONEY

Financial boundaries are crucial, as your finances have impact on all of the boundaries listed above.