

*chosen, adored, celebrated*

*Healthy*  
**BOUNDARIES**  
**WORKBOOK**  
**WEEK #3**

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# WEEK THREE

## Different Types of Boundaries

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In counselling, women report the areas they find the most difficult to have boundaries are physical, emotional, mental, relational and sexual.

**Physical boundaries** - These boundaries are in place to protect your space, your body, your home, your work space, your belongings. People have varying degrees of physical boundaries based on their own comfort. And physical boundaries are different for different relationships. For example, your conversation space with your partner is closer than your conversation space with a stranger. Placing boundaries for physical space and belongings helps us feel safe and comfortable in an environment.

What are the physical boundaries you hold in your relationships? And in your workplace?

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**Emotional boundaries** - Healthy emotional boundaries are essential for wellness. People who lack emotional boundaries tend to drain us of our energy because they have high needs for engagement. A person with strong emotional boundaries is aware of their feelings, and is able to control their emotions. Lacking emotional boundaries often looks like poor emotional control - overreacting, outbursts, and breakdowns.

How are you doing in this area of emotional boundaries? What areas do you hope to work on?

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**Mental boundaries** - These are the parameters we put around our thoughts and opinions. Mental boundaries keep us from thinking and overthinking, and they help us assess and analyze input.

What mental boundaries do you have in place that help you manage your thoughts?

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**Relational boundaries** - These are dependent on the nature of the relationship and will be different according to level of closeness and intimacy. How you interact, communicate, the language you use, and the expectations, and the roles you play will be different based on the nature of the relationship.

What are your personal boundaries in your relationship? How did you establish them? And how are they working? Are there any changes that need to be made?

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**Sexual boundaries** - These are the limitations and parameters we put in place to determine what we will do, and not do, sexually. Sometimes these boundaries are pushed, and as women we may feel a sense of obligation or responsibility to participate in sexual activities when we don't want to. And we often tolerate gestures, innuendo, and sexualized attention even though it makes us feel gross.

No means no, and we get to change our minds. So even if you said yes at the start, you get to change your mind and say no. If you are uncomfortable, an appropriate boundary is a firm "no."

Sexual boundaries are one of the most commonly breached boundaries for women. Learning our limits, and defining them is essential to self respect, and safety.

What areas do you find it difficult to set firm sexual boundaries?

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# WEEK THREE HOMEWORK

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TRY THIS:

Have a look at the chart below and write out a few areas you might need to work on.

Type of Boundary	How it may be violated	How does it make you feel?	How you can enforce it
Eg. Relational	Your friend may become upset when you don't text back right away.	Stressed. Frustrated. Controlled.	Talk with your friend to remind her of your boundaries with your phone, and discuss expectations in relationship