

Boundaries & Communication

How does childhood still affect me now?

Understanding Boundaries:

Boundaries are not walls — they're guidelines that protect your peace, energy, and emotional safety.

They define where you end and another person begins.

Healthy boundaries help you feel safe, respected, and in control of your own life.

They're not selfish — they're self-care.

When boundaries are weak, people may take advantage of your kindness, or you may overextend yourself to avoid conflict.

Types of Boundaries

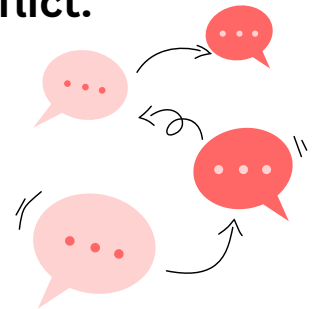
Physical – Personal space, touch, privacy.

Emotional – Protecting your feelings and energy.

Time – Deciding who and what gets your time.

Digital – Limiting access through phone, social media, or messages.

Financial – Deciding how and when you share money or resources.



Each type protects part of your wellbeing — and all are equally valid.

Why We Struggle to Set Boundaries

- Fear of rejection or being seen as rude.
- Growing up in environments where saying “no” wasn't safe.
- Feeling responsible for other people's emotions.
- Confusing boundaries with control or punishment.
- Not recognising when comfort is replaced with obligation.

Healthy Communication Starts With Honesty

Boundaries only work when communicated clearly and respectfully. It's not about confrontation — it's about clarity.

Examples of healthy communication:

- “I can't talk right now, can we speak later?”
- “I'm not comfortable with that.”
- “That's not something I can commit to right now.”
- “I need some time to think about it.”

You can be kind and still say no.



When Boundaries Are Crossed

You may feel guilt, anger, or pressure to “keep the peace.”

That's normal — especially if you're used to putting others first.

But healthy relationships will respect your no, not punish it.

If someone reacts badly to your boundaries, it tells you more about them than about you.

Building Healthier Communication

- Practise pausing before saying yes.
- Reflect on what drains vs. restores your energy.
- Express needs calmly, not defensively.
- Notice when your body tenses — it's often a signal of a crossed line.
- Surround yourself with people who listen, not guilt-trip.

Remember

Boundaries aren't barriers — they're bridges to healthy connection.

They teach others how to love you without losing yourself.

