

STEPS TO CREATING AND COMMUNICATING BOUNDARIES

USING THE EMOTIONS AND NEEDS CHARTS, IDENTIFY YOUR LIMITS.

CONSIDER THE SITUATION AND THE RELATIONSHIP AND DETERMINE AT WHAT LEVEL YOU WANT TO SHARE AROUND YOUR LIMITS.

TO SHARE -

Start with the underlying message - *“I’m having this conversation because I love you and want to be connected to you.”*

Using your emotions and needs, explain your limits - *“When ____ happened, the message I got was ____, which makes me feel _____. I know I’m going to struggle to be connected until we sort through it.”*

Explore changes that would resolve the issue - *“Would it be possible to ____? Or are there other suggestions you think might be helpful?”*

Optional (if negative response is received) - State the steps you will use to honor your limits if the boundary is crossed - *“If we can’t come up with a solution that feels safe, I’m going to take the following steps for now and would like to discuss this topic in our next therapy session.”*