

Set Clear Boundaries

GUIDELINES FOR ESTABLISHING CLEAR BOUNDARIES

1. Be assertive
2. Be direct
3. Be realistic - follow your gut
4. Don't apologize - affirm your responsibility
5. Don't overapologize or overexplain
6. Be consistent
7. Communicate your boundaries
8. Be able to stand your ground in your boundaries
9. Don't justify your boundaries or overexplain
10. Stand with your boundaries