

ISSUE NO. 1

BOUNDARIES 101

By Isabella Masterson, UCD CARE Student Assistant

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HOW TO DO IT

How to build them and maintain them

For some reason our society has perpetuated the idea that healthy relationships are easy and natural. But the reality is having a healthy relationship takes consistent work from all partners. An important part of creating a healthy relationship is establishing interdependence. This means there is a mutual understanding that you can rely on each other but you can still maintain your individuality. In an effort to reduce violence within our communities, we have created a comprehensive toolkit to allow us all to learn how to cultivate healthy relationships.*

*remember that this is applicable to all types of relationships: romantic, platonic, polygamous, monogamous, LGBTQ+



YOUR RIGHT TO BOUNDARIES

Casually having sex, just started dating, or are in a committed relationship, setting and respecting boundaries is essential to any and every relationship. It is important that partners feel comfortable expressing their wants, goals, fears, and limits and everyone's boundaries are honored.

That means everyone feels comfortable communicating their needs without fear of what another person will do in response

Your boundaries are yours to build. Even though we talk about them in relation to other people, in some ways boundaries are really about your relationship with yourself; they help you honor your needs, goals, feelings, and values.



BOUNDARIES ARE AN ESSENTIAL PART OF A HEALTHY RELATIONSHIP.



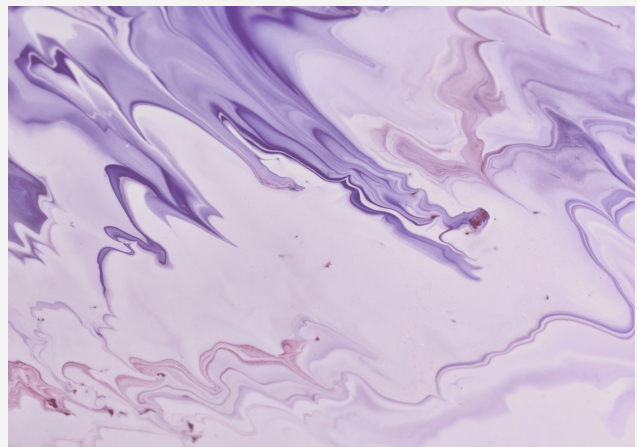
WHAT ARE BOUNDARIES?

limits we set around our body, emotional, finances, digital spaces, ect.

They help us determine the level of vulnerability you're comfortable sharing for you and your partner(s)

Setting boundaries can empower you to decide how you want to be treated.

Honoring your partner's boundaries to allow you to become supportive



TYPES OF BOUNDARIES

learn about the different types of boundaries and then use the extra space to brainstorm your own boundaries

Emotional boundaries:
limitations surrounding your feelings, vulnerabilities, and trust



what are your emotional boundaries?

Financial boundaries:
limitations around your income, bank account, credit cards, & other areas surrounding money



what are your financial boundaries?

what physical boundaries do you have?

Physical boundaries:
limitations you set around your body, your home, and places you visit frequently



think about what digital boundaries you have



Digital boundaries:
limitations created around your computer, social media, cell phones, and online profiles

For Emotional Boundaries:

- Discuss what consistency means to both of you, and do your best to show up for each other
- It is vital and healthy to have emotional independence.

For Digital Boundaries:

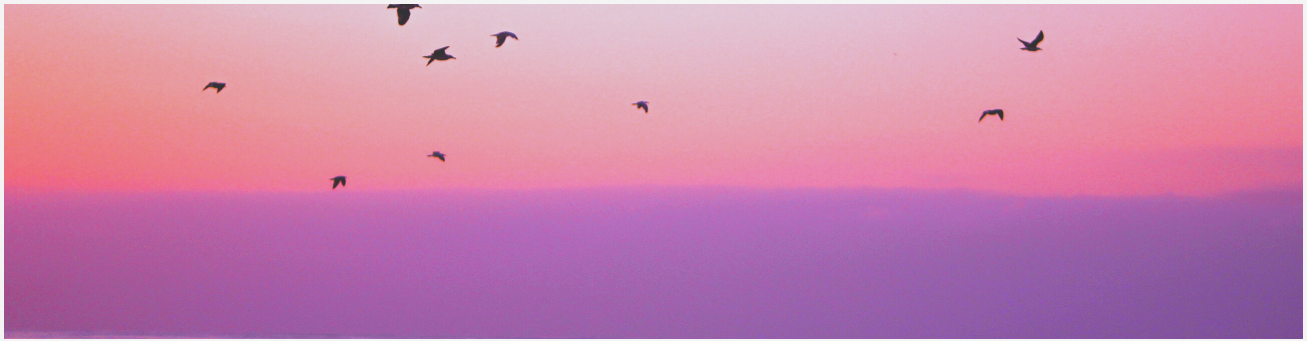
- This can include:
 - Digital communication
 - Access to accounts
 - How do you want your relationship displayed on social media

For Physical Boundaries:

- These boundaries can help you determine your comfort level with physical touch, including public displays of affection
- Any physical harm during an argument or at any point is never okay.

For Financial boundaries:

- You have the right not to share your bank account information or discuss how you spend your money.



EXPLORING YOUR BOUNDARIES

What do you look for in a relationship? What values are important to you?

What are your deal breakers? Is there anything that would be unacceptable to you? What makes you feel uncomfortable?

What are you flexible about? What are you comfortable compromising with?



”

HEALTHY BOUNDARIES HELP TO
PROTECT AND RESPECT YOU.

AN UNHEALTHY BOUNDARY SEEKS TO
CONTROL OR HARM SOMEONE ELSE

“

TIPS TO COMMUNICATING BOUNDARIES

once we figure out what our boundaries are, it is important to learn how to communicate them.

You have to voice your boundaries, concerns, and what makes you feel safe because your partner(s) can't read your mind. Additionally, you should provide your partner(s) with an opportunity to voice their needs as well

- **Keep boundaries simple and direct**
- **You do not need to over-explain, defend, or debate your boundaries**

Communication about boundaries can be a part of an ongoing conversation in your relationship, you don't have to have a reason to bring them up

- **However, you can also bring them up if something happens that you do (or don't) like.**
 - **“Hey, I really like it when you...”**
 - **“I'm not comfortable when we...”**



Tips on Setting Healthy Boundaries

- 1. When you identify the need to set a boundary, do it clearly, calmly, firmly, respectfully, and in as few words as possible**
 - a. Keeping things clear and concise helps to limit confusion
- 2. You are not responsible for the other person's reaction to the boundary you are setting; you are only responsible for communicating your boundary in a respectful manner**
- 3. Learning to set healthy boundaries takes time. It is a process. Set them in your own time frame, not when someone else tells you.**
- 4. Develop a support system of people who respect your right to set boundaries**

if your boundaries are not respected

First consider:

Is your relationship safe?

Is your relationship possibly not safe?

Is your relationship definitely not safe?

If your relationship is healthy and you feel safe it is important to have open communication

**You can address the boundaries violation in the
moment or later after you've had a chance to process**

When discussing it with your partner:

Use "I" statements

Talk about why the boundary was crossed

How to make sure it does not happen again

**If your relationship might not be safe and your boundaries are being
constantly violated, remember that you have every right to establish firm boundaries**

**You might also consider documenting any instances of harmful or abusive
behavior in case you decide to file a protective order or get legal help in the future**

**You might also consider checking in with a trusted friend or a CARE
advocate to process if your relationship is one where you can feel safe and respected**

Relational Boundaries:

boundaries that are in place for the various types of relationships that you have in your life

Brainstorm a list of different roles and relationship in which you are involved.

Once your list is complete, mark relationship as following:

- + relationships you have most control over
- relationships you have least control over

(Source: Black, J. & Enns, G. (1997) Better Boundaries: Owning and Treasuring Your Life. Oakland, CA. Raincoast Books)

BARRIERS TO BOUNDARY SETTING

1. **Fear of rejection**
2. **Fear of confrontation**
3. **Guilt**

If you don't want to talk about your boundaries with your partner because you're afraid they'll react with anger or violence, that's a warning sign that your relationship might be unhealthy or abusive

Evaluating Relationship Boundaries

- What type of relationship is this?
- Who initiates contact?
- What is the timeframe for this relationship?
- Is sharing equal in this relationship?
- Are there things that you would like to say in this relationship, but you do not or feel that you cannot? What are they?
- Do you feel that your own boundaries are respected in this relationship? Why or why not?
- What changes might you like to make in this relationship?

Setting these boundaries does take time and consistent communication with your partner(s). While you need to be clear with your boundaries and they should be respected, it is also important to be receptive to your partner's boundaries.

how to access CARE!

call us for emergency support 24/7 at number: (530) 752-3299

email us at ucdcare@ucdavis.edu