



Setting Healthy Boundaries

Protect your time and energy — kindly, and without guilt.

Boundaries are the limits that keep relationships healthy: they tell others what you will and won't accept, and they protect your time, energy, and values. Many people confuse boundaries with being selfish or rude, but a clear, kind boundary is one of the most respectful things you can offer a relationship. Like any skill, it gets easier with practice and a few good scripts.

Where might you need one?

- Time & energy — saying no, protecting rest.
- Emotional — not absorbing others' moods or feeling you must fix everything.
- Physical & space — privacy and personal space.
- Digital — when you are and aren't reachable.
- Work — hours, scope, and after-hours messages.

Build your script

A clear boundary names the limit and the need — kindly, and without over-explaining.

A situation that drains me	My boundary ("I will / I won't ...")

Example: "I care about you, and I can't take calls after 9pm — I'll get back to you in the morning."