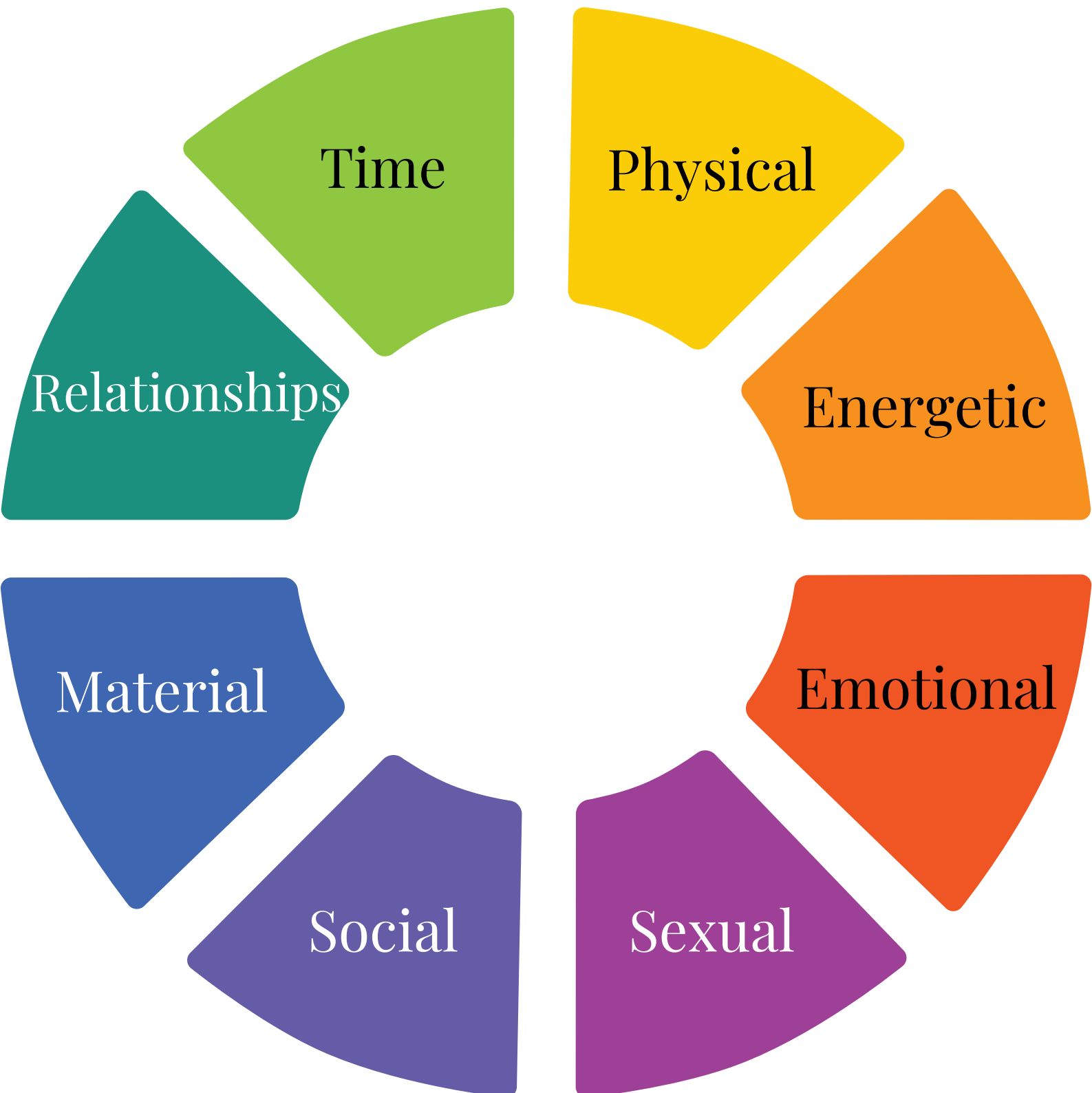




Types of Boundaries

A big heart needs boundaries to allow it to remain soft and open - without boundaries you are likely to feeling overwhelmed, frustrated, burnt out and a lot more besides.





Types of Boundaries

Cont.

It is really useful to consider types of boundaries and journal around each theme. Ask yourself whether your boundaries are fixed or flexible in each area. There is no right or wrong - just what is right for you. Some boundaries may need to be negotiated / communicated.

Physical

Your personal space, your body - including touch, hugs etc.

Energetic

Absorbing the mood or energies of another person

Emotional

Respect of your feelings, what you share/don't share

Sexual

Consent, desires, preferences

Social

Types of activities you are happy to participate in

Material

Finances, resources, boundaries about loaning things

Relationships

Behaviour you can / can't tolerate, how you are spoken to etc

Time

The time you devote to others, punctuality

You may add other ideas such as digital (mindfully engaging with devices) or environmental (what type of environments you can / can't tolerate)