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apr 24 2018 boundaries are a form of self care healthy emotional boundaries mean you value your own feelings and needs and you re not responsible for how others feel or behave boundaries allow you to let go of worrying about how others feel and places accountability squarely with the individual boundaries also keep you from overextending yourself dec 13 2022 emotional boundaries are all about respecting and honoring feelings and energy setting emotional boundaries means recognizing how much emotional energy you are capable of taking in knowing when to share and when not to share and limiting emotional sharing with people who respond poorly respecting emotional boundaries means validating the feelings of boundaries can be a way of demonstrating compassion towards yourself and compassion towards others when we don t respect our own boundaries or another person s boundaries we can become psychologically disconnected doing this long term can lead to feeling defeated unworthy resentful and lonely jan 24 2022

boundaries are the limits of appropriate behavior between people
personal boundaries define where one person ends and the other
begins boundaries affect intimate relationships families and
colleagues in a work environment setting relationship boundaries
can be challenging but boundaries ensure the relationship is healthy
for everyone jun 3 2021 boundaries are a way to take care of
ourselves when you understand how to set and maintain healthy
boundaries you can avoid the feelings of resentment disappointment
and anger that build up nov 30 2022 let s define boundaries put
simply a boundary is a limit or edge that defines you as separate
from others katherine 2010 p 14 our skin is an obvious physical
boundary but we have other kinds of interpersonal boundaries too
including a limit that extends beyond our body consider what
happens when somebody stands too close for comfort aug 11 2021
1 physical boundaries physical boundaries protect your space and
body your right to not be touched to have privacy and to meet your
physical needs such as resting or eating they tell others how close
they can get to you what kind of physical touch if any is okay how
much privacy you need and how to behave in your personal space
jun 4 2019 boundaries come in many forms physical boundaries
relate to your personal space privacy and body what is an acceptable
distance between you and another person are you comfortable with
what are boundaries the dictionary definition of boundaries states
that they are guidelines rules or limits that a person creates to
identify for him or herself what are reasonable safe and permissible
ways for other people to behave around him or her and how he or
she will respond when someone steps outside those limits to put that
in basic terms boundaries jun 8 2021 what are personal boundaries
personal boundaries are simply the lines we draw for ourselves in
terms of our level of comfort around others these boundaries may
have to do with physical

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