

SETTING BOUNDARIES

Boundary-setting basics:

1. Determine your priorities to know when a limit or boundary is important.
2. Delegate tasks where possible and if appropriate.
3. Start with easier and more comfortable boundaries - don't jump into ninja-level boundary setting right away!
4. Set boundaries as early as possible.
5. Be consistent so there are no mixed messages.
6. Don't set a boundary unless you're 100% committed to following through.
7. Keep the focus on feelings and needs - use "I" messages instead of "YOU" messages.
8. Be clear and specific & use a neutral tone of voice.
9. Choose the right time and place for the conversation.
10. Don't get dragged into explaining, justifying, and/or modifying your boundary - stick with your WINN statement.
11. A boundary is NOT an ultimatum.

WINN Statement Formula

When _____ (what happens/event)

I _____ (feel/notice/ observe/find myself being)

Need _____ (what would help/what you need)

Natural Outcome _____ (what happens if a boundary is not respected)

Think of a situation that's either happened or you're anticipating (your triggers may offer clues!).

Write a script for setting a boundary or limit using the WINN method. Share with a partner if it feels comfortable.