

## Different Types of Boundaries

- Psychological Boundaries: Boundaries define the difference between you and someone else. They help you understand where you end and another person begins.
- Emotional Boundaries: Emotional boundaries involve separating your feelings from another person's feelings. Violations include blaming others for your problems or taking responsibility for someone else's emotions.
- Physical Boundaries: These involve personal space, physical touch and privacy. Everyone has different levels of comfort and it's important to communicate and respect those limits.
- Time Boundaries: Healthy time boundaries mean setting aside enough time for various aspects of your life - work, relationships and self-care and not overcommitting yourself.
- Relationship Boundaries: These define how you want to be treated in relationships and what behaviors you will or won't accept from others.

Boundaries aren't about being **MEAN!**

*Boundaries are the distance at which I can love you and me simultaneously*

~ Prentis Hemphill