

# HOW TO START ESTABLISHING HEALTHIER BOUNDARIES TODAY

Here are a few things you can start doing immediately to increase your boundary-setting skills:

- Understand that boundaries are the cornerstone of every relationship you have. They are not just for the people who tend to hurt you.
- Realize it is nearly impossible to have a truly healthy relationship with ANYONE unless you can establish healthy boundaries.
- Say "NO" when you mean "NO" and "YES" when you mean "YES".
- Speak up for yourself and tell others what you need...and what you don't.
- Stop allowing others to mistreat you. Speak up or get some space from them.
- Stop taking responsibility for everyone else's feelings. They are not yours to fix.
- When you find yourself worried about a problem, be sure it's YOUR problem to worry about.
- Stop putting the needs of others before your own.

This doesn't happen overnight. It takes time and may require the help of a therapist.

But it is completely worth it.