



HEALTHY
RELATIONSHIPS

Presented by Student Health & Counseling Services
Weeks 4-8 -Healthy Boundaries



Let's Stretch . . .



A Few Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Chat privately for specific needs

Group Agreements

- Confidentiality
- Trigger Warning (Let Folx Know)
- Respect Each other
- Ask permission before giving advice

Group Values

- Compassion
- Empathy
- Be open minded
- Communicate your Needs
- Be your own Boo/Take Care of Your Needs (Restroom, drinks, snacks, etc.)

Introductions:

Share your name, year @ CSUEB, major &
If you were an animal, which one would you be?



Intentions for today's Group:

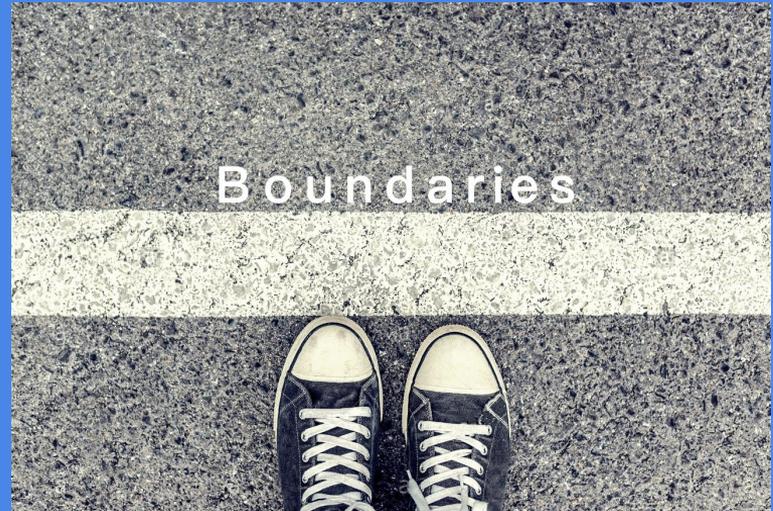
- Definition of Boundaries
- Healthy Vs. Unhealthy boundaries
- What boundaries are important in your relationships?
- 8 Ways to Build and Preserve Better Boundaries

What are boundaries in relationships?

Defining **boundaries** is a process of determining what behaviors you will accept from others and what you will not.

Boundaries include:

- 1) Physical **boundaries**
- 2) Emotional **boundaries**
- 3) Sexual **boundaries**
- 4) Digital **boundaries**
- 5) Intellectual **boundaries**
- 6) Financial **boundaries**
- 7) Time/Energy **boundaries**



What are signs of healthy boundaries?

Appropriate trust

Revealing a little of yourself at a time, checking to see how the other person responds

Moving step by step into intimacy

Deciding whether a potential relationship will be good for you

Staying focused on your own growth and needs

Weighing the consequence before acting on sexual impulse

Being sexual for yourself, not for partner

Maintaining personal values despite what others want

Noticing when someone else displays inappropriate boundaries

Noticing when someone invades your boundaries

Saying “no” to food, gifts, touch, or sex you don’t want

Asking a person before touching them

Respect for others—not taking advantage of someone’s generosity

Not allowing someone to take advantage of your generosity

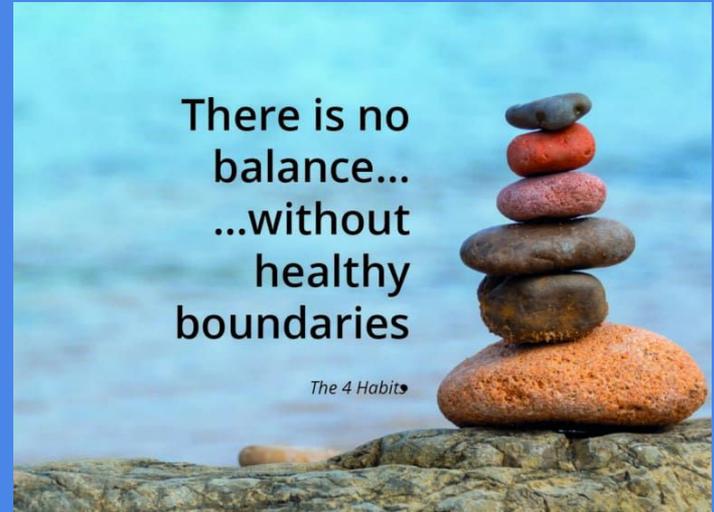
Self-respect—not giving too much in hopes that someone will like you

Trusting your own decisions

Knowing who you are and what you want

Recognizing that friends and partners are not mind readers

Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)



What are signs of unhealthy boundaries?

Not trusting anyone

Trusting everyone

No filter for what you share with others

Falling in love with a new acquaintance

Letting your feelings for another person preoccupy you; letting go of everything else

Acting on the first sexual impulse

Being sexual for your partner, not yourself

Going against your personal values or rights

Not noticing when someone invades your boundaries

Accepting food, gifts, touch, or sex that you don't want

Allowing someone to take as much as they can from you

Invading someone else's boundaries - not taking "no" for an answer

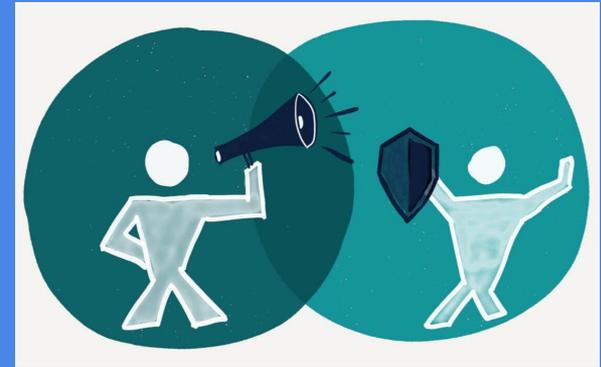
Touching a person without asking

Believing others can anticipate your needs

Expecting others to fill your needs automatically

Falling apart so someone will take care of you

Taking responsibility for someone else's problems



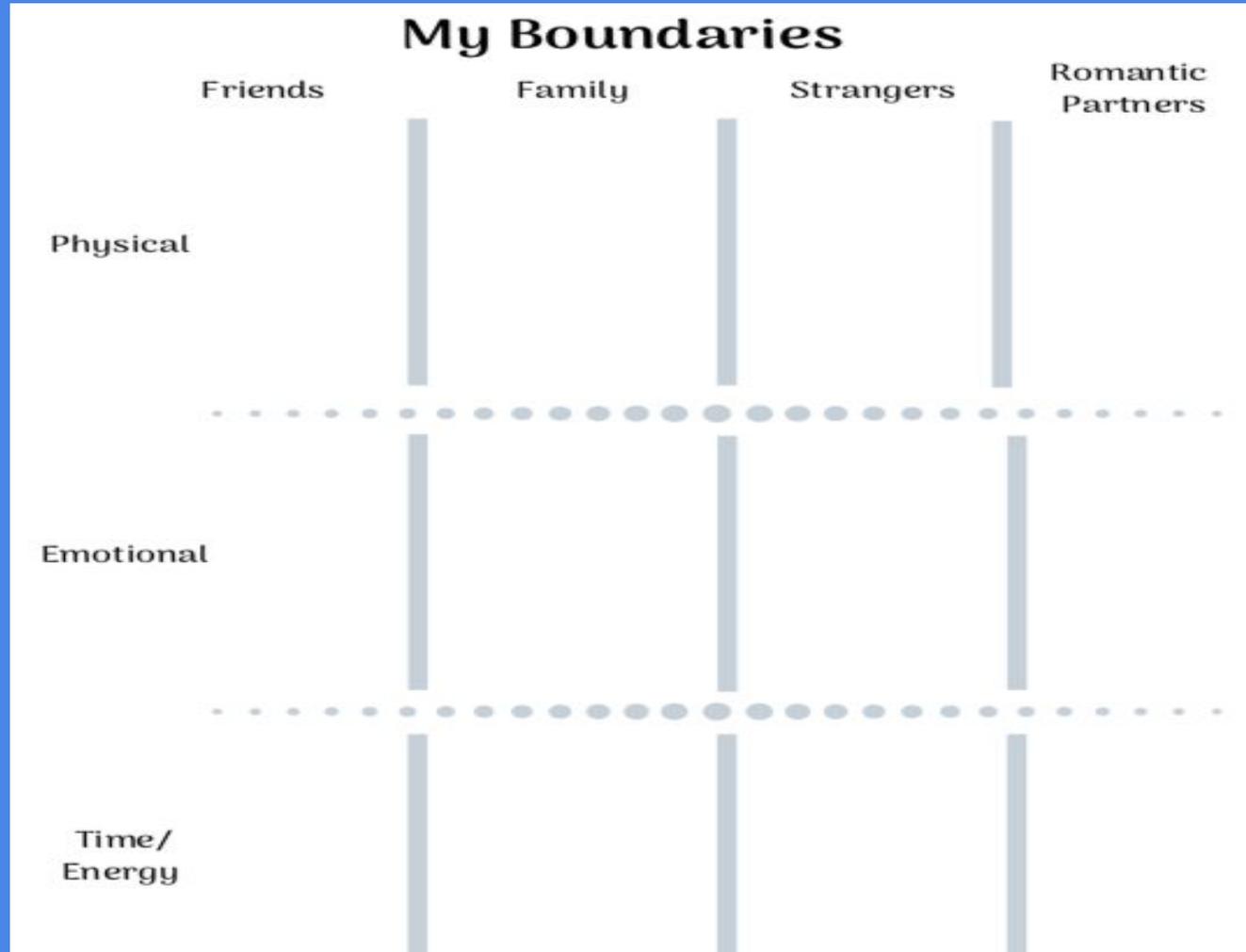
Thinking about your boundaries...

How do personal boundaries change as someone gets older?

How are personal boundaries different based on the relationship with another person? For example, would personal boundaries be different with a friend than a family member?

What about boundaries with a stranger?

**What
boundaries
are
important
to you?**



How do we talk about our boundaries?

- When would you be most likely to say something about your boundaries?
- Do you find that it's easiest to communicate about your boundaries before someone crosses a boundary, or after it's happened?
- How have you had success in the past with bringing up boundaries? Are there things that made it easier for you?

8 Way to Build and Preserve Better Boundaries

- 1. Name your limits** - You can't set good boundaries if you're unsure of where you stand
- 2. Tune into your feelings** - two key feelings/red flags or cues that we're letting go of our boundaries are: discomfort and resentment
- 3. Be direct** - With some people, maintaining healthy boundaries doesn't require a direct and clear-cut dialogue. With others, such as those who have a different personality, you'll need to be more direct about your boundaries.
- 4. Give yourself permission** - Fear, guilt and self-doubt are big potential pitfalls that may lead us to avoid enforcing our boundaries. Boundaries aren't just a sign of a healthy relationship; they're a sign of self-respect. So give yourself the permission to set boundaries and work to preserve them.
- 5. Practice self-awareness** - Again, boundaries are all about honing in on your feelings and honoring them.

8 Way to Build and Preserve Better Boundaries

6. Make self-care a priority - Putting yourself first gives you the energy, peace of mind and positive outlook to be more present with others and be there” for them. It allows us to be better students, friends, family members, partners, etc.

7. Be assertive - Of course, we know that it’s not enough to create boundaries; we actually have to follow through. Even though we know intellectually that people aren’t mind readers, we still expect others to know what hurts us. Since they don’t, it’s important to assertively communicate with the other person when they’ve crossed a boundary.

8. Start small - Like any new skill, assertively communicating your boundaries takes practice. Try starting with a small boundary that isn’t threatening to you, and then incrementally increasing to more challenging boundaries.

Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
 - What is one thing you are taking from the group this week?
- Please use the same link to return next week



