Presented by Student Health & Counseling Services
Weeks 4-7 - 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
● Confidentiality, and Zoom limitations
● Sharing (Headlines not details)
● Chat privately for specific needs
Community Ground Rules

- Vegas Rule - What is shared or said in the group, stays in the group
- Be respectful of others and what they are sharing in group
- Don’t assume someone wants feedback or advice on what they share, ask before you offer that input
- Trigger Warnings
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
What boundaries are important to you?
Time to think 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?
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.
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.

Take Care and Stay Safe!
thank you