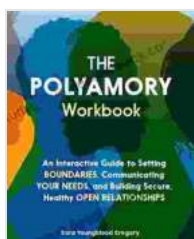


An Interactive Guide To Setting Boundaries Communicating Your Needs And

Setting boundaries is an essential part of self-care. It allows you to protect your time, energy, and emotional well-being. But setting boundaries can be difficult, especially if you're not used to ng it.



The Polyamory Workbook: An Interactive Guide to Setting Boundaries, Communicating Your Needs, and Building Secure, Healthy Open Relationships by Jewly Hight

★★★★☆ 4 out of 5

Language : English

File size : 713 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 248 pages



This interactive guide will help you learn how to set boundaries, communicate your needs, and say no to things that don't serve you.

Step 1: Identify Your Boundaries

The first step to setting boundaries is to identify what your boundaries are. What are the things that you're not willing to tolerate? What are the things that you need in order to feel safe and comfortable?

To help you identify your boundaries, ask yourself the following questions:

- What are my core values?
- What are my priorities?
- What are my limits?
- What are my deal-breakers?

Once you have a good understanding of your boundaries, you can start to communicate them to others.

Step 2: Communicate Your Boundaries

Once you know what your boundaries are, you need to communicate them to others. This can be done verbally, in writing, or through your actions.

When communicating your boundaries, be clear, direct, and respectful. Avoid using vague language or ultimatums. Instead, focus on explaining your needs and why they're important to you.

For example, instead of saying "Don't call me after 10pm," you could say "I need to get a good night's sleep, so I'm not available to talk after 10pm."

Step 3: Enforce Your Boundaries

Once you've communicated your boundaries, it's important to enforce them. This means saying no to things that don't serve you, even if it's difficult.

When enforcing your boundaries, be firm but polite. Don't be afraid to repeat yourself if necessary. And don't give in to pressure from others.

Remember, setting boundaries is about protecting your own well-being. It's not about being selfish or controlling. It's about taking care of yourself so that you can be the best version of yourself for yourself and for others.

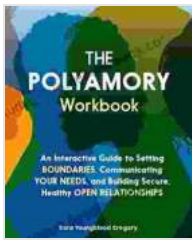
Interactive Exercises

In addition to the steps outlined above, here are a few interactive exercises that can help you set boundaries, communicate your needs, and say no to things that don't serve you:

1. **Boundary Setting Worksheet:** This worksheet will help you identify your boundaries and develop strategies for communicating them to others.
2. **Communication Skills Practice:** This exercise will help you practice communicating your boundaries in a clear, direct, and respectful way.
3. **Saying No Practice:** This exercise will help you practice saying no to things that don't serve you.
4. Here is a link to another interactive exercise that helps you say no politely.

Setting boundaries is an essential part of self-care. It allows you to protect your time, energy, and emotional well-being. By following the steps outlined in this guide, you can learn how to set boundaries, communicate your needs, and say no to things that don't serve you.

Remember, setting boundaries is not about being selfish or controlling. It's about taking care of yourself so that you can be the best version of yourself for yourself and for others.



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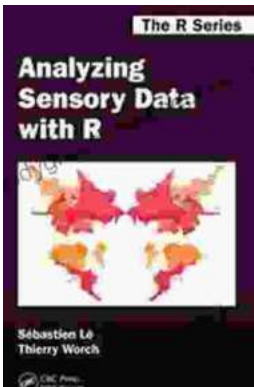
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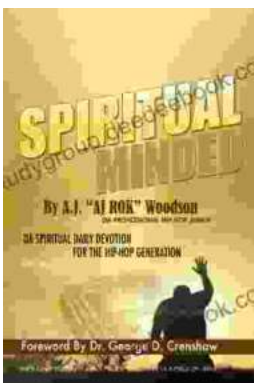
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