

# WHAT TO DO WHEN SOMEONE CROSSES YOUR BOUNDARIES

## BOUND•A•RIES

are the lines we draw for ourselves in terms of our levels of comfort around others.

they can also serve to provide us guidance on our own behaviors.

When someone crosses your boundaries, you have options.

Restate the boundary.

**Be clear.**

"I need some space right now."  
vs.

"I need the next few hours to myself. I'll let you know when I'm ready to talk."

Enforce consequences.

**This sounds serious and can be. But it's how you back up that you mean what you say.**

"When you don't pay me back, it makes me feel used. I won't be going to dinner with you again until you pay back the money you owe me."

Accept the behavior and reshape the boundary.

**Boundaries can be flexible.**

It's important that they work for you and you'll have different boundaries for different people in your life. BUT make sure that your flexibility is serving you and isn't to please another person.

Limit or distance yourself from the relationship

**This is a tough one.**

But sometimes we need to give each other space until everyone is ready to put the same amount of effort into the relationship

Be persistent.

**You are worth being around, knowing, and loving.**

Having open conversations about boundaries is healthy and helpful but it takes practice. You're not going to be a boundary pro overnight.

OWN YOUR  
FUTURE



**YOUR VALUE  
DOESN'T  
DECREASE BASED  
ON SOMEONE'S  
INABILITY TO SEE  
YOUR WORTH.**

