



Fraser Valley Brain  
Injury Association

# Personal Boundaries

Funded by: The New Horizons for Seniors Program



- **Sexual**
- **Financial**
- **Space**
- **Religious**
- **Emotional**
- **Intellectual**
- **Time**

## Personal Boundaries

# Personal Boundaries

*“Limits we set for ourselves. They keep us safe.”*

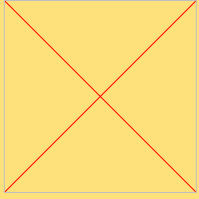
**Boundaries protect  
your right to decide  
:**

- What to say or do
- How to spend your time
- When to rest
- What to think or believe
- What to eat
- If and how to be touched
- How to use your money
- What are you feeling

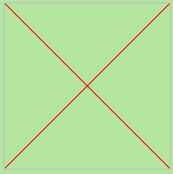
## Then, why is it so hard to establish them?

- Low self-esteem makes it difficult to set healthy boundaries, and healthy boundaries cause low self-esteem.
- Maybe we were taught to bend and mold to belong or to please. This complicates setting boundaries.
- We may be afraid of upsetting or disappointing others.
- Sometimes our boundaries are blurry with our loved ones
- Low energy or depression can make it hard to set boundaries.

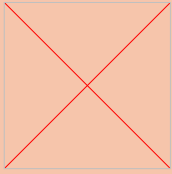
# YOU



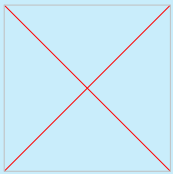
You can tell your partner what you like sexually and refuse to do what you don't like. **YOU DECIDE** how often, when, where, and with whom.



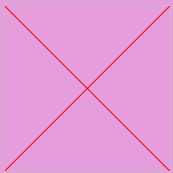
You can spend your money as you choose, not giving or loaning **YOUR MONEY OR POSSESSIONS** if you don't want to, and you have the right to be paid by an employer as agreed.



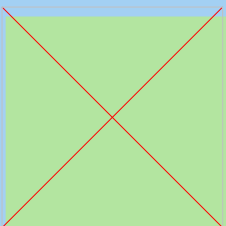
You deserve privacy and **PERSONAL SPACE**. You choose when to rest, use the bathroom, and eat. No one should touch you without your permission.



You have the right to worship as you wish, to practice any spiritual or religious beliefs, to dress according to your beliefs, or to choose not to believe.



**YOU ARE ALLOWED TO FEEL** any emotion, to limit what or when to share information about yourself.



You **DESERVE** respectful exchange of ideas; people should not shut down or dismiss all your ideas and opinions; topics should be discussed in the right time and place.



You don't have to do things you don't want to do. You don't have to stay somewhere when you want to leave, waste your time, be overworked, or let someone demand too much of **YOUR TIME**.

## *Keep yourself safe and in control.*

- **Know what you value and what tends to affect you. Set boundaries around that.**
- **Decide the consequences ahead of time. (What will I do, if? )**
- **Communicate your boundaries clearly and honestly.**
- **Try to set your boundaries with kindness (if possible).**
- **Do not feel guilty about setting boundaries.**
- **It is also very important to set boundaries with ourselves.**
- **Personal boundaries depend on the context.**
- **Define your deal-breakers (boundaries you absolutely must have to feel safe and sane).**