Tips for Setting Compassionate Boundaries

1. **Know what you want to say “Yes” to in your life (values, behaviors and priorities).**

2. **Be proactive.** Have “meetings” to discuss boundaries. Structure offers safety for both sides.

3. **Just say it!** Don’t make them guess. Use simple and direct language.

4. Reinforce by pointing out the violations **IN THE MOMENT.**

5. **Give explanations that are specific,** relevant to the other person, and offer shared solutions.

6. **Back up your boundary with action.** If you give in, you invite people to ignore your needs.