

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.
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