

# humantold

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## Accepting Boundaries From Others

This activity is meant to explore how it feels when others set boundaries with you.

Sometimes people will set limitations with you and it can be hard for it not to feel personal. This may look like someone asking for you to be on time, space, or making other requests based on their needs and expectations.

As you may find it difficult to set boundaries it may be hard for them too (even if their delivery wasn't the best). For some people setting a boundary is actually that person wanting to create an open, honest, and safe relationship. Honoring their needs can be an opportunity to strengthen your bond.

When \_\_\_\_\_ placed the following boundary with me \_\_\_\_\_

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I felt (in one word) \_\_\_\_\_.

### Check in with yourself:

Take a moment to breathe (exhaling longer than you inhale). If there is any tightness in your body try to stretch or massage it out. Then proceed:

- Why am I feeling the way I am? Is it the boundary, the delivery, my past, or something else?
- Why is this boundary important to them? What potential positives can come from this?
- Is there anything that makes honoring this boundary challenging?
- Is there anything you want the person to know?

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**Make a list of ways to care for yourself when boundaries are placed with you?**

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Inspired by: Tawwab, N. G., & Tawwab, N. G. (2021). *The set boundaries workbook: Practical exercises for understanding your needs and setting healthy limits*. Tarcher Perigee, an imprint of Penguin Random House LLC.