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Setting Boundaries with Challenging People

There are some people who will push back on your boundaries. Use this as a guide to start thinking about how you might manage that. If you are unfamiliar with what boundaries may look like check out: [Cultivating Personal Boundaries](#).

Connect with why it's healthy for yourself:

What are some affirmations that might help:

- Despite my feelings of guilt, I am acting in my best interest.
- I can push through even when there is pushback.
- I am not responsible for how people respond to my boundaries. I am responsible for setting and honoring my boundaries.
- _____
- _____

While honoring your boundaries can lead to discomfort and thoughts about what could go wrong. Take a moment to consider positive possibilities that may result as well.

Boundary	Challenging Thought	Potential Positive

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Some helpful tips:

1. Assertively restate the boundary as needed.
2. Correct the violation in real time. Don't let the opportunity pass and then mention it later. Say it at the moment.
3. Be consistent with implementing your boundaries.
4. Accept that they, although difficult, are entitled to their response even if it's different from the one you'd like.
5. Choose not to take it personally. They want to do what they want to do. You're asking them to do something uncomfortable that's likely difficult for them.
6. Manage your discomfort.

How might you respond to the people who are particularly difficult to set boundaries with?

When _____ violates my boundary regarding _____
_____, I will _____

When _____ violates my boundary regarding _____
_____, I will _____

When _____ violates my boundary regarding _____
_____, I will _____

Reflection: What came up for you while doing this exercise?
