



# **10 SIMPLE STEPS**

To Set Boundaries

# **TRAUMA**

# **Steps to Take to Set Boundaries**

## **Understand Your Social, Personal, Familial, Sexual, and Interpersonal Rights**

You always have a right to:

- Say no when you don't feel comfortable or don't have the space.
- Receive respect for your choices, as long as they're not harming anyone.
- Prioritize your needs over the wants of others.
- Fall short of others' expectations of you.
- Disengage from relationships that don't honor your values.
- Take space for your self-care when you require it.
- Communicate your preferences and feelings.
- Set healthy limits on your time and energy.
- Disagree with those you love and respect.
- Create a personal bubble around your physical space.

### **Step One: Identify What Specific Event Has Activated You**

**Step Two: Get Clear On Your Reaction Level** - Were you activated by the memory of an event? By an unmet expectation? By a blow to your ego? By carelessness or deliberate malice? Something else?

### **Step Three: Consider How You Would Have Preferred to Have Had that Interaction Go?**

### **Step Four: Determine Which of Your Values You Felt Were Violated**

### **Step Five: Write Down Where You Felt Crossed, What Might Have Been Done Differently, and Which Boundary You'd Like to Set Moving Forward**

### **Step Six: Make a Plan to Communicate Your Experience as Gently and Clearly as Possible**

Use “I” statements.

Make sure the other person is aware this matters to you and is a space to be receptive.

Learn that “no” is a complete sentence, regardless of how hard that may be. Know that you can elaborate as much or as little as you wish regarding your past trauma and what this brought up for you.

Prepare a safe space for a non-judgmental conversation.

### **Step Seven: Have the Conversation with as Little Blame as Possible**

### **Step Eight: Check In About THEIR Boundaries and Ask How They Feel About This Conversation**

### **Step Nine: Conclude the Conversation with a Wrap-Up**

“Now that we’ve spoken, I hope that we’re clear I have set \_\_\_\_ boundary, so if it is crossed in the future, I will \_\_\_\_ (disengage, sever our relationship, end the conversation, take space from you, etc.) I promise to respect your boundary of \_\_\_\_ as well.”

### **Step Ten: Stay Present with Yourself to Make Sure You’re Honoring the Boundary You Have Just Set**