

Boundaries: A Starter Guide

What healthy boundaries are, the main kinds, and simple language you can use to set them. Educational overview.

Boundaries are the limits that protect your time, energy, body, and values. They are about what you will do, not about controlling anyone else. Setting them can feel uncomfortable at first, and that is completely normal.

Kind of boundary	What it protects	Something you can say
Physical	Your body and personal space.	"I'm not comfortable with that. Please give me some room."
Time and energy	Your hours and your attention.	"I can't take this on right now."
Emotional	What you carry and take responsibility for.	"I care about you, and I can't fix this for you."
Material	Your things and your money.	"I'm not able to lend that."
Digital	When and how you are reachable.	"I don't check messages after eight at night."

A boundary is a limit you keep, not a punishment for anyone else. Say it plainly, keep it short, and expect to repeat it. If a relationship cannot handle any limits at all, that is useful information.

Learn more: [Boundaries at shrinkdaily.com/concept/boundaries](https://shrinkdaily.com/concept/boundaries)

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