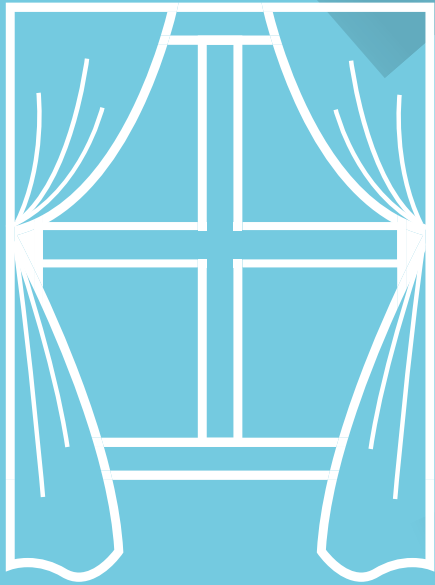


They're like windows!



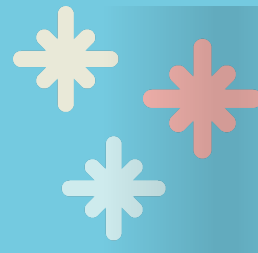
**BOUNDARIES**

# Boundaries are:

That act of making clear what is okay, what is not okay, and why.

An important act of self advocacy and self compassion.

Brave choices that help us feel safe and comfortable. They help our relationships feel supportive and steady.



# Boundaries can feel hard because

You worry that you will upset others if you stand up for yourself or say no.

You worry you don't know how to set boundaries without sounding selfish or unlikeable.

Sometimes they mean saying no to people you love, people you want to like you, or to people with more power. That is scary.



# You Open Windows When:

The weather is pleasant and you want to let it in

You want fresh air

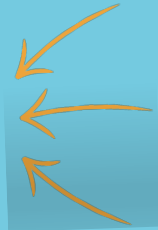
You want to change the temperature

There's a great breeze

You want to yell to a friend or someone you know

Your room smells weird

You feel comfortable

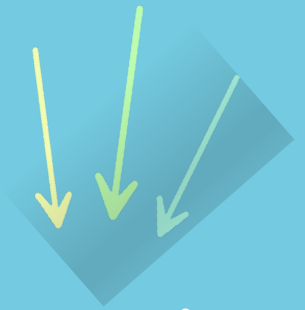


# You Close Windows When:

The weather is stormy or messy

You want to change the temperature

There's a weird smell outside



You don't want someone or something to come into your space

Someone outside is being annoying or loud

You do not feel comfortable

# Boundaries are like Windows:

You can use your boundaries to open up to others or close yourself off based on your comfort level.

Relationships should feel comfortable and safe. When they don't feel good you have the right to close the window.



You can still see the other person, but you are choosing to shut the window, for now, because your comfort matters.

# Windows and Boundaries don't have to be all or nothing

You can open windows a little or a lot. You can close them forever or for 3 minutes.

Boundaries are the same! You can say yes, no, or maybe to someone or something forever, for a month, for 5 minutes, for however long feels comfortable.

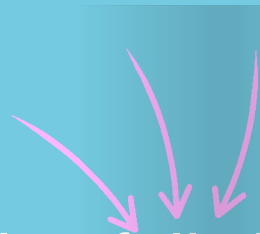


You can also change your boundaries. They do not have to be fixed forever.

# Windows and Boundaries try to be clear

You can usually still see people on the other side. You are clear with others about why the window is open or shut so others know what's up.

Being clear also helps others learn how to be a better friend if they crossed your boundaries.



Being clear about other folks' boundaries is also super important.



# Setting Boundaries

Think about your core values and do some self reflection. Name your limits.

Be direct. You matter. You get to say  
yes or no.

Tune into your feelings. They are good signals  
Discomfort isn't always bad, it can help you  
grow. But pay attention to patterns.

Start small. Practice self- advocating.

**You matter. Your feelings  
matter.**

**You don't have to set yourself  
on fire to keep others warm  
or put up with shit you don't  
like.**



**Your boundaries matter.**