

8 STEPS TO SETTING HEALTHY BOUNDARIES



1. **IDENTIFY** areas where you are exhausted, resentful or angry—Check in with your core values.
2. **DEFINE BOUNDARY:** what do you not want to hear, see, or do?
3. **TRUST YOUR INTUITION:** Moments of "I feel it in my gut." "Something doesn't feel quite right."
Intuition tells you what you need to hear, not what you want to hear.
4. **SAY NO:** don't apologize or give long explanations; you will dilute the power of NO. Don't lie.
Lying will most likely lead to guilt or anxiety.
5. **BE ASSERTIVE,** calm & polite. Pay attention to people's reactions if someone gets upset about you setting a boundary. It's more evidence that a boundary was needed.
6. **DEFINE CONSEQUENCES** and address boundary violations early.
7. **LET GO OF GUILT.** Your 'no' may empower the other person to take responsibility or make better choices instead of enabling them to keep doing what they're doing.
8. **USE SUPPORT.** If someone is abusive or crossing boundaries, talk to a therapist, mentor, life coach, or read a book on setting boundaries.

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SIMPLE PHRASES TO SAY 'NO'

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No.

No, thanks.

I think I'll pass.

I'm not taking on new things.

It doesn't sound like the right fit.

I'd rather not, thanks.

That doesn't work for me.

I appreciate your time, but no thank you.

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