

# HOW TO SET HEALTHY BOUNDARIES

Understand why healthy boundaries are important

Decide what YOU want

Examine existing boundaries

Keep your boundaries simple

Take it slowly

Set reasonable consequences

Stick to your boundaries and remain consistent

Focus on yourself when voicing a boundary

**COMMUNICATE**

Boundaries may vary for different parts of your life

Recognize and respect others' boundaries

Use common sense

# Healthy Boundaries

**BM King**



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