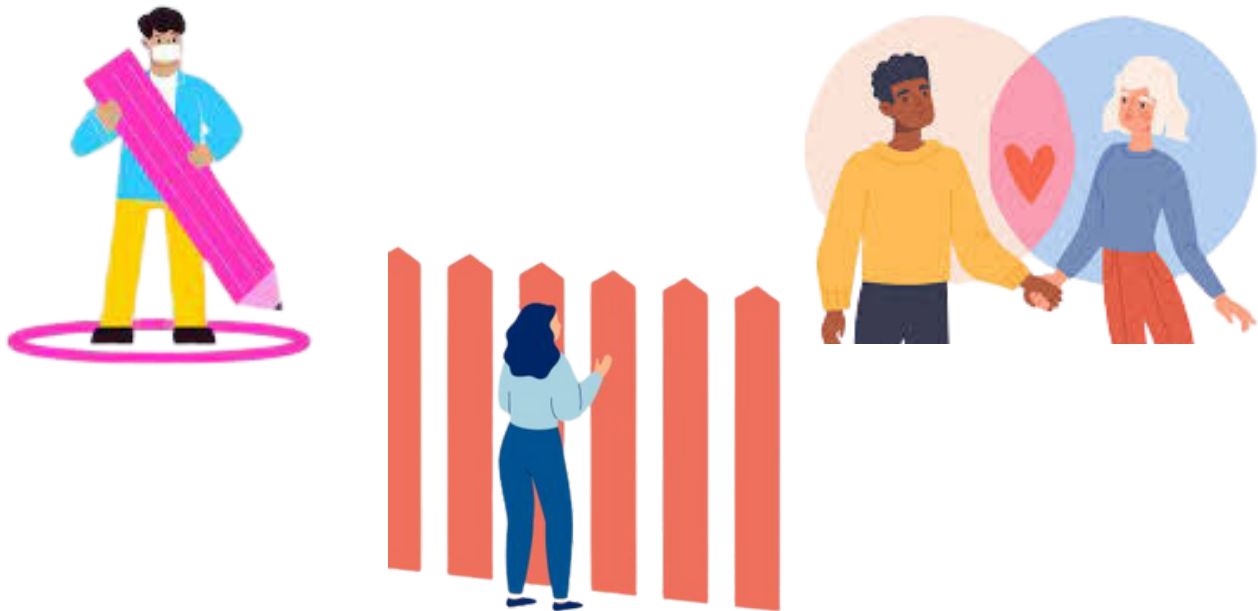


# SETTING BOUNDARIES IN RELATIONSHIPS

Healthy boundaries act as the cornerstone of thriving relationships. They define the emotional and physical space between individuals, fostering mutual respect, understanding, and trust.

**Setting clear boundaries creates space for open communication, ensuring that each person's needs and limits are acknowledged and valued.** Without boundaries, relationships may become strained, leading to misunderstandings and unmet expectations.

However, setting boundaries can be difficult. Society sends mixed messages about putting oneself first, making it difficult to prioritise personal well-being. Thus, voicing our needs can become associated with feelings of guilt and a fear of rejection or conflict, making it hard to set boundaries.



This worksheet aims to provide you with a structured and empowering approach, using the BRAVE acronym. This acronym will enable you to create boundaries and navigate any challenges that you may face while setting them.

Get ready to enhance your relationships with BRAVE!

Here's what the BRAVE says:

### **B - Be Vocal:**

Expressing your needs and limits is the first step in establishing boundaries. Be vocal and communicate clearly to ensure your expectations are understood.

"I get exhausted after I come back from work. Would it be okay if I take some time to freshen up and relax before we have dinner so that we can both talk about our day feeling refreshed? "



### **R - Reinforce Regularly:**

Consistency is key. Reinforce your boundaries regularly to ensure they remain respected and acknowledged in your relationships.

"Thank you for understanding my need for personal space. Maybe we can check in with each other regularly and ensure we're both comfortable with the boundaries we've set."



### **A - Acknowledge Feelings:**

Acknowledge and validate your own feelings. Understanding your emotions is vital for effectively communicating your boundaries.

"When I feel overwhelmed, I need some time to process my thoughts. It's not about you; it's about my need for reflection. Can we discuss how to navigate this together?"



### V - Value Self-Advocacy:

Recognize the importance of self-advocacy. Your needs matter, and advocating for them is an essential part of creating healthy boundaries.

"I've noticed a pattern where I sometimes put my needs on the back burner to avoid conflict. Moving forward, I want to prioritise my well-being and communicate my boundaries more effectively."



### E - Empathise with Others:

While maintaining your boundaries, empathise with others' feelings and perspectives. Finding a balance between your needs and theirs is crucial for healthy relationships.

"I understand that my need for personal space might impact you. Let's find a way to balance our needs so that both of us feel respected and cared for."



Think of your relationships as a shared garden—a space where different plants coexist, each with its unique needs for sunlight, water, and space. In this garden, setting boundaries becomes a meticulous art, ensuring every individual grows and blossoms optimally. When each person is allowed to grow, the relationship as a whole will flourish.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.