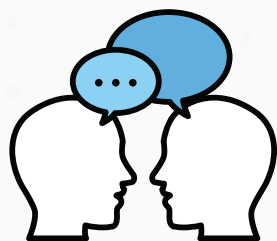


10 Simple Phrases For Setting Boundaries

GENERAL

01

"I need my personal space and time to recharge."



"I am comfortable discussing this topic, but please respect my boundaries if I ask to change the subject."

02

03

"I will not tolerate any form of harassment or discrimination."



"I prefer to keep my work and personal life separate, please do not contact me outside of business hours."

04

05

"I need to be able to trust and feel safe in this relationship."



"I will not engage in any illegal activities."

06

07

"I have the right to privacy and will not share personal information without my consent."



"I will not participate in any behavior that could harm my physical or mental well-being."

08

09

"I expect mutual respect in all interactions and will not tolerate disrespect."



"I will speak up if any actions make me uncomfortable or disrespected."

10

10 Simple Phrases For Setting Boundaries

RELATIONSHIPS

01

"I expect mutual respect and trust in all my interpersonal relationships."

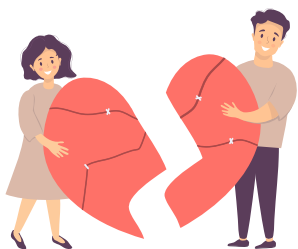


"I will not tolerate any form of manipulation, abuse, or control in my relationships."

02

03

"I need open and honest communication in my relationships."



"I will not engage in any form of unhealthy or codependent behavior."

04

05

"I will set boundaries around what is and is not acceptable in my relationships."



"I will communicate clearly and assertively if my boundaries are not being respected."

06

07

"I expect to be able to maintain my own autonomy and independence in my relationships."



"I will not tolerate any form of disrespect or dishonesty."

08

09

"I will not compromise my values or self-respect for the sake of a relationship."



"I will take responsibility for my own well-being and will not sacrifice it for the sake of a relationship."

10

10 Simple Phrases For Setting Boundaries

TIME

01

"I need to have a set schedule for my work and personal time."



"I will not be available outside of my designated working hours."

02

03

"I need to have time set aside for self-care and will not compromise on it."



"I will not accept last-minute plans or cancellations without proper notice."

04

05

"I will not take on additional responsibilities without considering the impact on my current schedule."



"I need to have a clear start and end time for meetings and appointments."

06

07

"I will not neglect my needs to be constantly available for others."

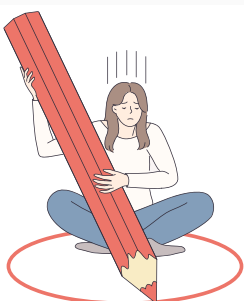


"I will set and respect deadlines for myself and others."

08

09

"I will not sacrifice my free time and leisure activities for work or other obligations."



"I will communicate clearly and firmly if my time boundaries are not respected."

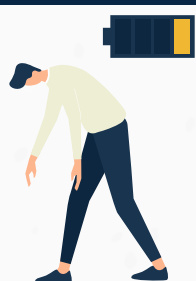
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10 Simple Phrases For Setting Boundaries

ENERGY

01

"I need to take regular breaks throughout the day to recharge my energy."



"I will not accept obligations or plans that drain my energy."

02

03

"I need to prioritize my physical and emotional well-being in order to maintain my energy levels."



"I will not neglect my self-care to please others."

04

05

"I will speak up if my boundaries around energy are not being respected."



"I will not overextend myself and set limits on the number of commitments I take on."

06

07

"I need to set aside time for rest and relaxation to maintain my energy."



"I will not sacrifice my sleep to complete tasks or please others."

08

09

"I will be honest about my energy levels and ask for support when needed."



"I will not hesitate to decline invitations or requests if they would cause me undue stress or drain my energy."

10

10 Simple Phrases For Setting Boundaries

PERSONAL SPACE

01

"I need personal space and alone time to recharge."



"I will not tolerate anyone invading my personal space without permission."

02

03

"I expect to be respected and not touched without my consent."



"I will set limits on how close people can stand or sit to me."

04

05

"I will not tolerate anyone entering my personal space uninvited."



"I will not hesitate to assert my boundaries if someone is being too physically close to me."

06

07

"I need physical boundaries in personal relationships, including appropriate distance and touch."

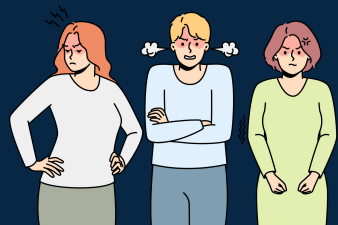


"I will not tolerate anyone being in my personal space without permission."

08

09

"I expect respect for my physical boundaries at all times."



"I will communicate clearly and assertively if my boundaries around personal space are being violated."

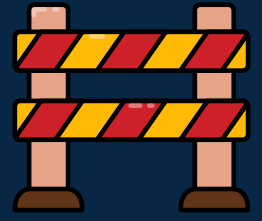
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10 Simple Phrases For Setting Boundaries

PHYSICAL SPACE

01

"I expect my physical property to be respected and not trespassed upon."



"I will not tolerate anyone entering my home or office without permission."

02

03

"I will assert my right to privacy and expect my belongings to be undisturbed."

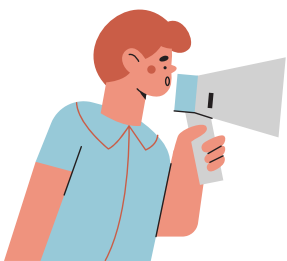


"I will clearly define when and how others can use or access my physical space."

04

05

"I expect my boundaries around physical space to be respected in public places."



"I will not hesitate to speak up if someone violates my physical space."

06

07

"I will set boundaries around what areas of my home/workplace are off limits."

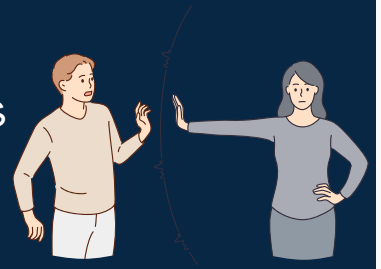


"I will communicate clearly if someone uses my space in a way that is not okay with me."

08

09

"I have the right to limit who enters my physical space and when."



"I will not allow anyone to use my physical space without explicit consent."

10

10 Simple Phrases For Setting Boundaries

COMMUNICATION

01

"I expect to be listened to and heard when I speak."



"I will not tolerate any form of verbal abuse or aggression."

02

03

"I need to have clear and honest communication in my relationships."



"I will not engage in any form of manipulation or deceitful communication."

04

05

"I will speak up if my boundaries around communication are not being respected."



"I expect to be able to express my thoughts and feelings without fear of judgment or repercussions."

06

07

"I will not tolerate any form of unwanted communication, such as harassment or stalking."



"I have the right to control the flow and frequency of communication in my relationships."

08

09

"I will communicate my needs and boundaries clearly and assertively."



"I will not accept any form of passive-aggressive or indirect communication."

10

10 Simple Phrases For Setting Boundaries

TECHNOLOGY

01

"I need to have control over my access to technology and will set limits on its use."

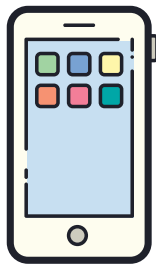


"I expect my digital privacy to be respected and will not tolerate any form of cyber stalking or harassment."

02

03

"I will not accept any form of unwanted communication or contact through technology."



"I will set boundaries around how and when I use my phone and other devices."

04

05

"I expect to be able to disconnect from technology during designated times."



"I will not engage in any form of cyberbullying or online harassment."

06

07

"I will limit notifications and interruptions to minimize distractions and maintain focus."



"I will communicate clearly if my boundaries around technology use are not being respected."

08

09

"I will take steps to protect my personal information and data online."



"I will not share personal information or sensitive data through technology without proper security measures in place."

10

10 Simple Phrases For Setting Boundaries

DECISION MAKING

01

"I have the right to make my own decisions and expect them to be respected."



"I will not tolerate anyone trying to control or manipulate my decisions."

02

03

"I expect to be able to make decisions without fear of repercussions"

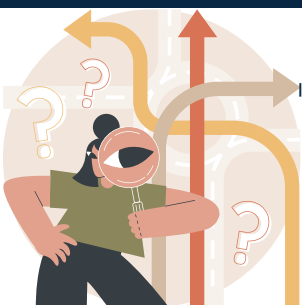


"I will communicate clearly and assertively when my decision-making boundaries are not respected."

04

05

"I will not allow others to make decisions for me without my input or consent."



"I will not tolerate anyone trying to guilt or coerce me into making a certain decision."

06

07

"I will set boundaries around what decisions are within my power to make and are not."



"I will not hesitate to seek advice and support when making important decisions."

08

09

"I will not make significant decisions under duress or pressure."



"I will take responsibility for the outcomes of my decisions and will not blame others for them."

10

10 Simple Phrases For Setting Boundaries

MARRIAGE

01

"I expect mutual respect, trust, and honesty in my marriage."



"I will not tolerate any form of physical, emotional, or financial abuse in my marriage."

02

03

"I will assert myself and communicate clearly when my boundaries are not being respected."



"I have the right to limit input from family and friends regarding my marriage."

04

05

"I will not compromise the values of my marriage to make other people happy."

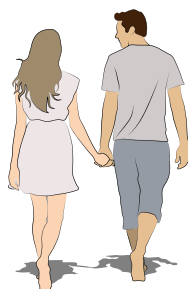


"I will not accept any form of disrespect towards my spouse from family or friends."

06

07

"I will set boundaries around the types of communication and behavior that are acceptable in my marriage."



"I expect to have time and space for myself within my marriage."

08

09

"I will not accept manipulation, gaslighting, or mind games in my marriage."



"I will seek professional help if needed when communication breaks down in my marriage."

10