

## **CORE SKILL #2: BOUNDARIES**

Maintaining healthy boundaries is about balancing and protecting your core values. It is not just about saying no. It can be about making small changes in favor of those values—the ones you hold dear.

Where do you run into trouble in having healthy boundaries?

Without healthy limits—and knowing when good enough is good enough—you can get burned out.

### **TOOLS**

**When you need a boundary:** The worksheet on the next page can help you stay on track with all that you have chosen at work and in life. This exercise can help when competition occurs between different choices you've made. Keeping a list of phrases to use in challenging situations, can also be helpful.

**Communicating your boundaries:** Try using DEAR MAN communication skill when you want to set a boundary with someone. You can create an “elevator speech” using this technique when you need to communicate a boundary.

DEAR MAN\*

**D**escribe

**E**xpress

**A**ssert

**R**einforce

**M**indful

**A**ppear Confident

**N**egotiate

**Boundary ritual:** Create boundary ‘rituals’ to mark the difference between work and home. Some possible rituals are: change your clothes; walk the dog; take a shower or bath; take out your contact lenses; go for a run.

\*Tools are from DBT Skills Training by M. Linehan 2014