

# Boundaries Myths & Facts

Getting Grounded in Truth



# Boundaries Hub Activities

- **Recommended Blogs**
  - Nice vs. Kind
  - Debunking Boundaries Myths

# Myth #1

Boundaries are mean  
or "selfish."



# Facts

- Taking care of yourself puts positive energy into the world.
- Unhealthy relationship dynamics hurt everyone involved.



# Myth #2

Boundaries will hurt  
my relationships.



# Facts

- Boundaries are very revealing.
- Boundaries free up valuable energy.
- The more authentic "you," the better.
- You can create safety through space.



# Myth #3

The people in my life won't  
let me set boundaries.

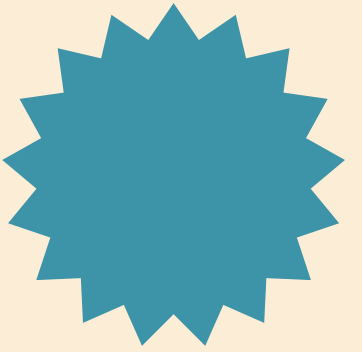


# Fact

Only you have control  
over your boundaries.

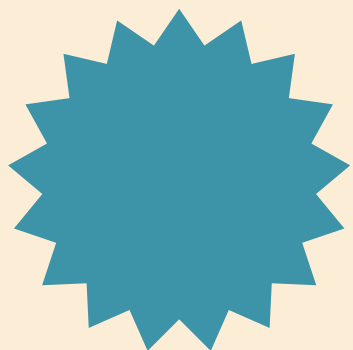






# **You are responsible for you.**

**The quality of your life is your responsibility.  
Good boundaries are a crucial component to  
a high-quality life, and only you can set those  
boundaries.**



# Myth #4

Boundaries have to be  
rigid and unyielding.



# Fact

Effective boundaries are  
flexible and adaptable.





# Review

What you learned today.

- **Taking care of yourself nurtures positive energy.**
- **Boundaries strengthen relationships.**
- **You are responsible for you.**
- **Effective boundaries are flexible and adaptable.**



**Nice work!**