



Setting Effective Boundaries

The Steps to Success

Boundaries Hub Activities

Resources

- Boundaries Action Plan
- Boundaries Discussion Worksheet
- NEST

Blog

- NEST: The Steps to Setting an Effective Boundary

Journal Prompt:

- Who can be my support network in this process?

Guided Meditation

- Boundary Setting Visualization



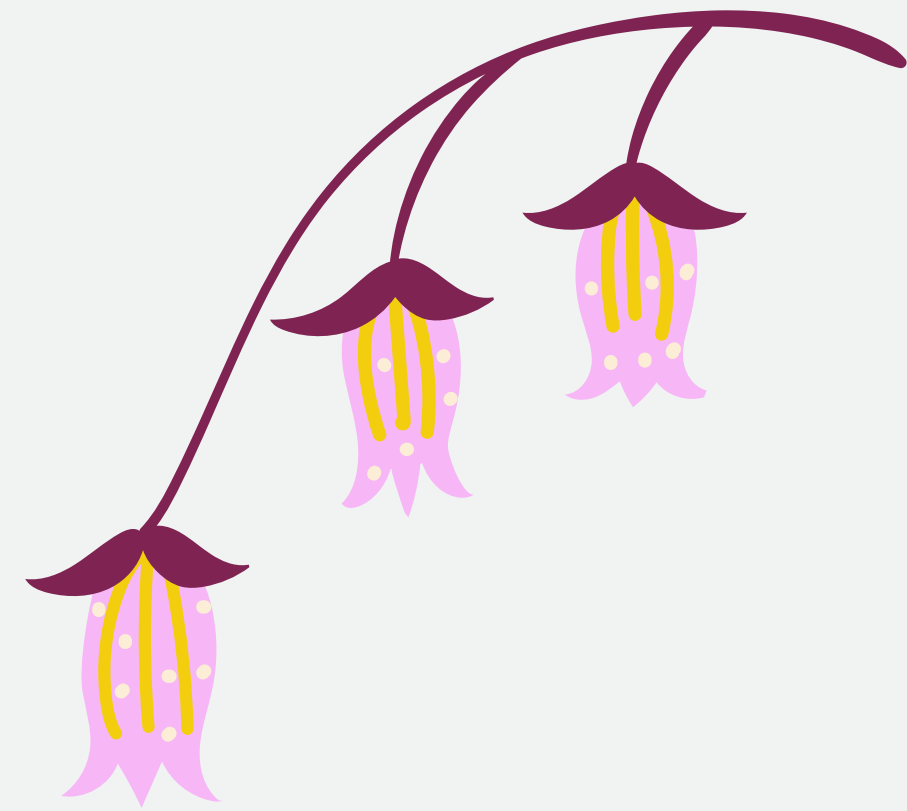
Elements of Effective Boundaries

Yes

- Flexible
- Clear
- Aligned to your values

No

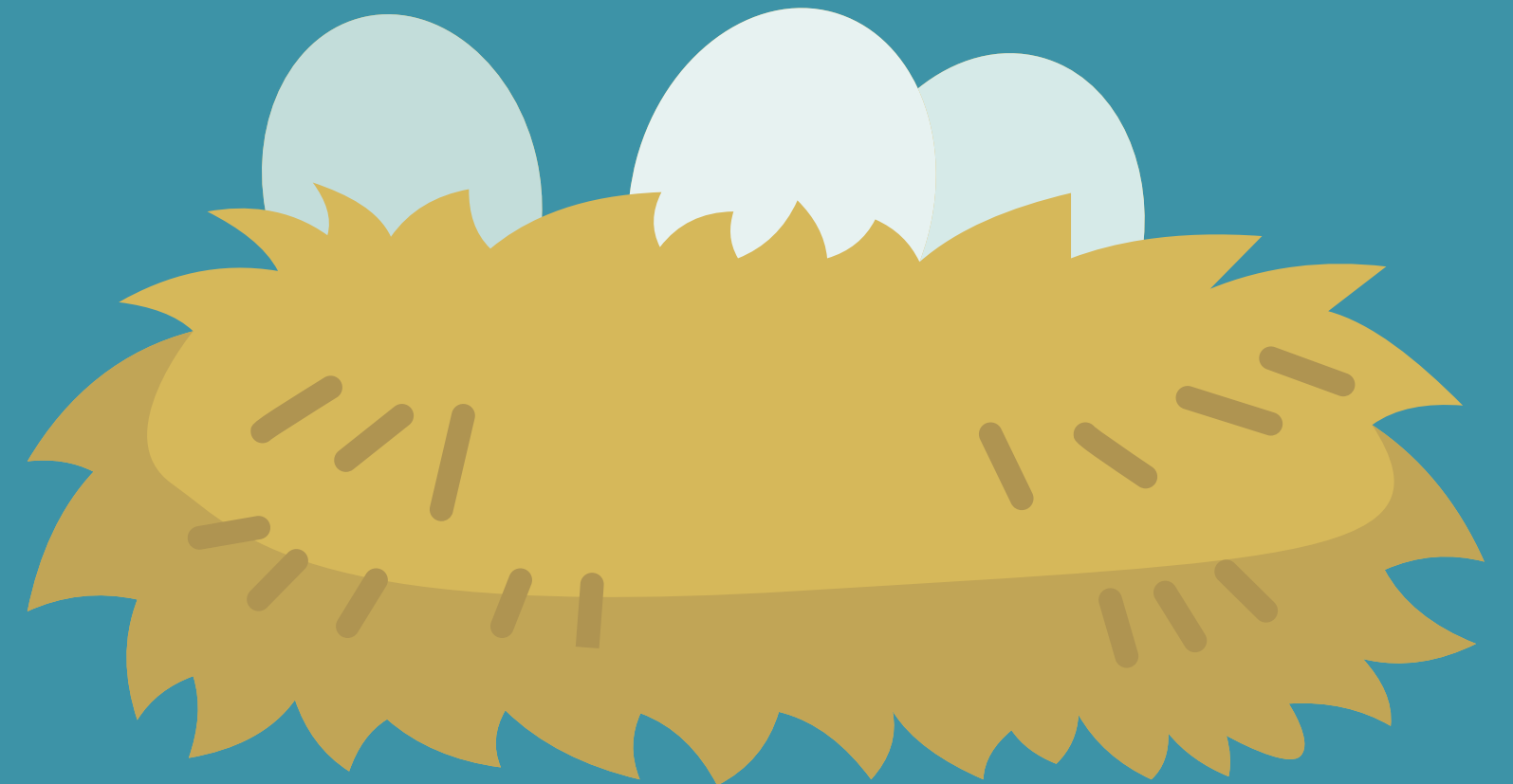
- Manipulative
- Overly rigid
- Weak



Steps to Setting a Boundary

- **Name** what's happening
- Share the **effect**
- **Set** your boundary
- **Tell** your story

"NEST"



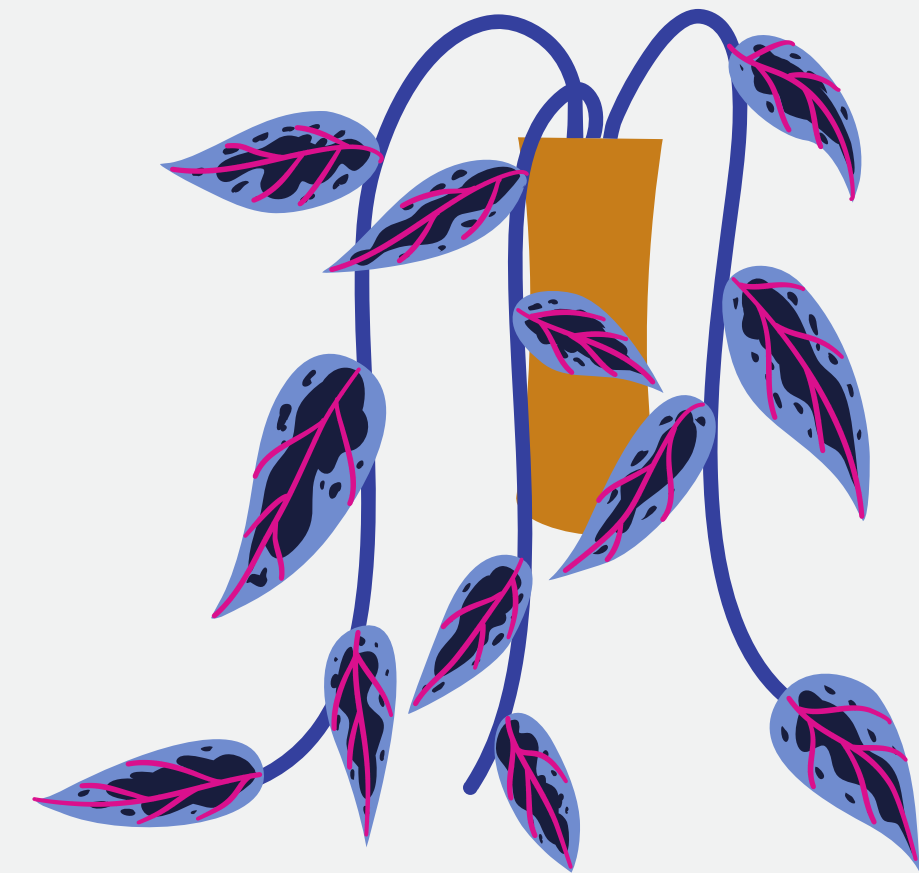
Name What's Happening

- Be as objective as possible.
- Don't mind read or blame - state the facts
- Focus on what's important.



Share the Effect

- Emotional
- Practical
- Your experience matters!



Set Your Boundary

- Make it explicit and specific.
- Saying no or asking for more.
- Be firm.



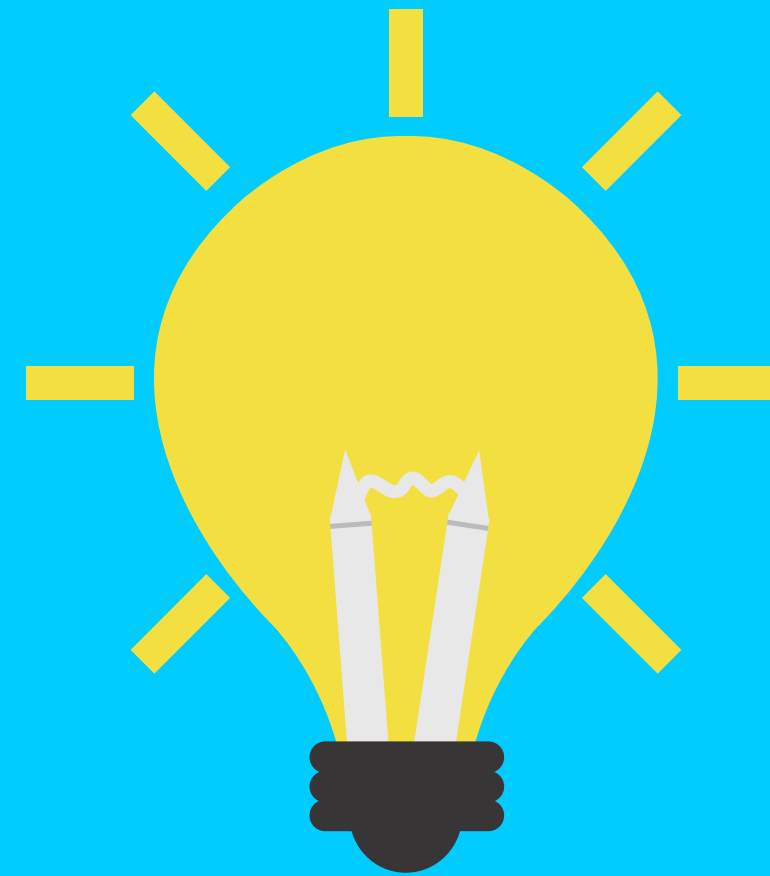
Tell Your Story


- Why it's important
- Impact on the relationship
- What's healthy for you is healthy for others.




Is Your Boundary SMART?



- Specific
- Measureable
- Attainable
- Relevant
- Timebound





Consequences



- Effective boundaries require consequences.
 - Consequences can be explicit, or something you keep to yourself.
 - Follow through on consequences by setting boundaries internally.
- 
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Delivering Your Boundary

- Face-to-Face
- Email
- Text
- Phone Call



Keys to Setting and Keeping Strong Boundaries



01

Confidence

02

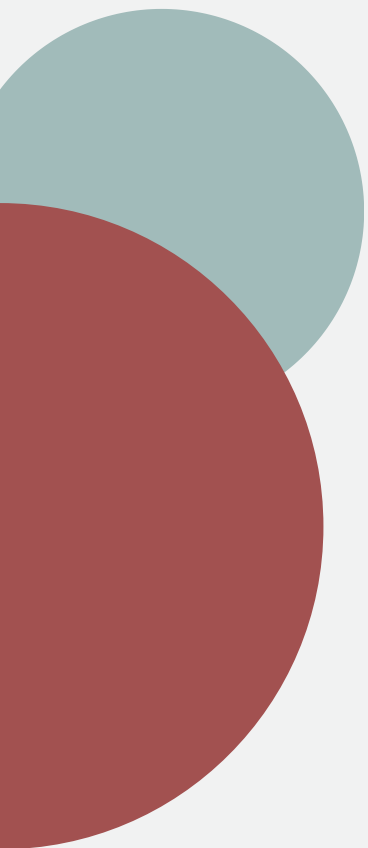
Consistency &
Repetition

03

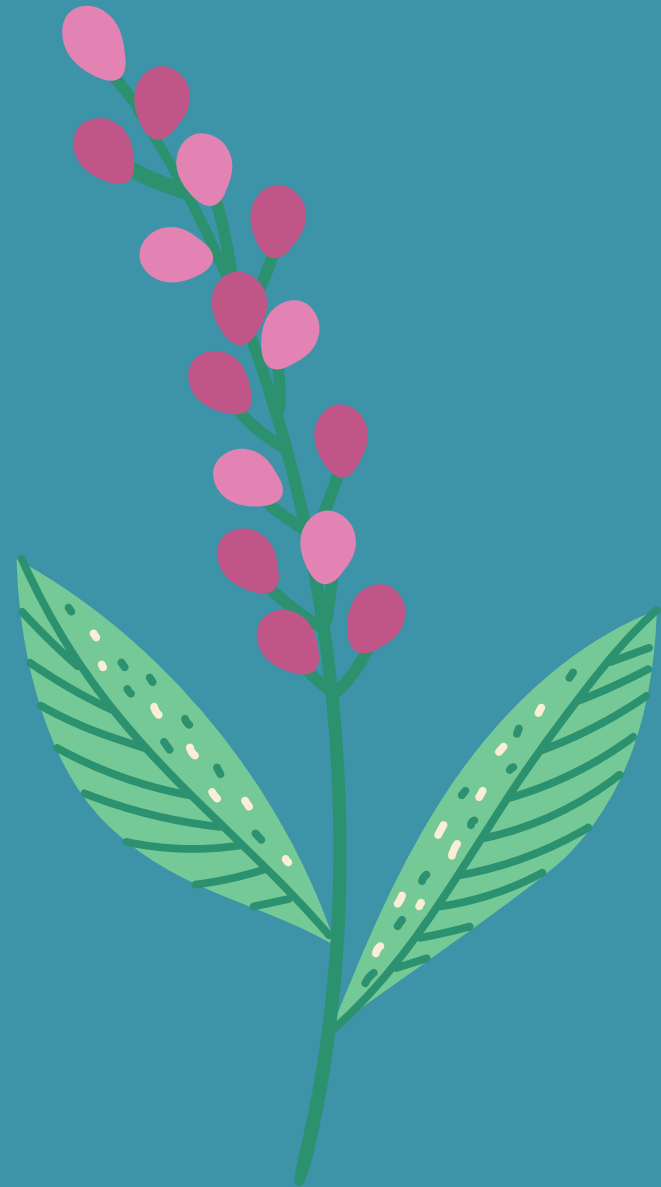
Beginning with
the end in mind

04

Seeking support



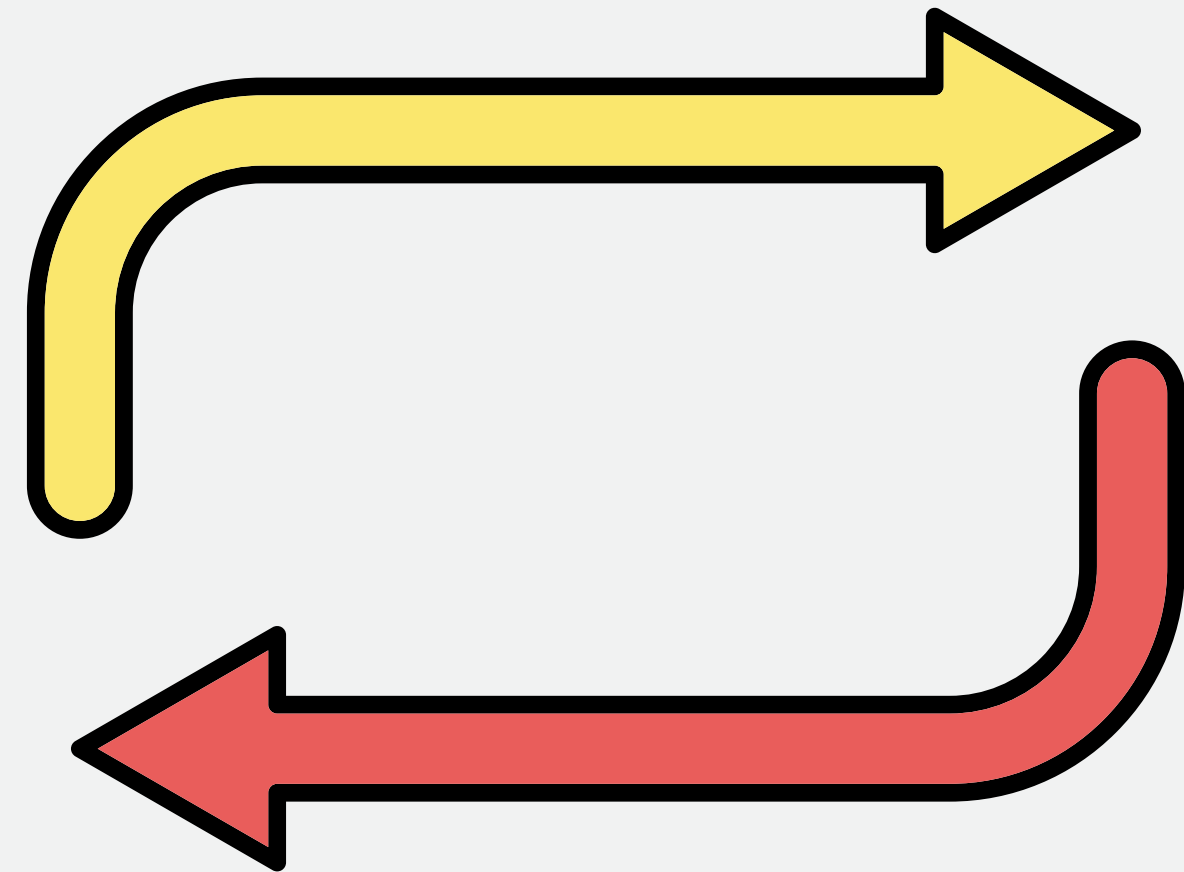
Confidence



- Determine which boundaries feel right to you.
- Tune into body wisdom to gauge "rightness."
- No need to apologize - setting boundaries is not wrong.

Consistency & Repetition

- People naturally resist change.
- Repetition and consistency strengthen your message.
- Don't budge on your non-negotiables.



Begin with the End in Mind

- What do I hope to achieve or change through setting these boundaries?
- What do I want my relationships to look and feel like?
- Why am I going through this process? What's the point?
- How do I want to feel after moving through this process?

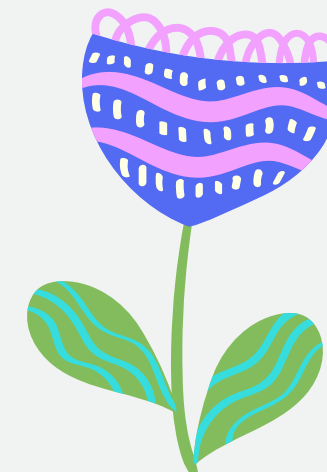
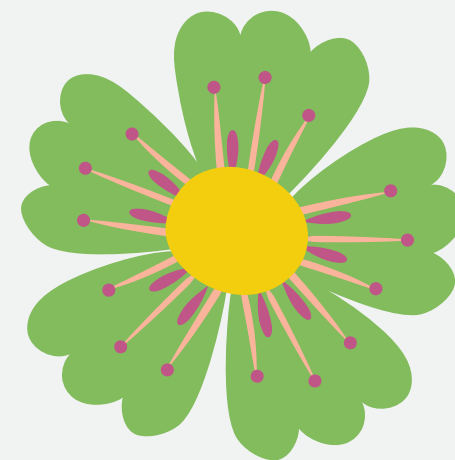


Seeking Support

**Therapists &
Coaches**

**Friends &
Family**

**Supporting
Others**



Boundaries Conversations

- Identify mission, purpose, and topics for the talk.
- State short and longterm goals, with key results.
- For each topic, identify the problem, the emotions involved, the plan, and the goal.





Review

What you learned today.

- **Elements of effectiveness**
- **NEST**
- **SMART**
- **Consequences**
- **Four keys to success**



Let's go!