

Educate, Advocate and Serve

2400 Reading Road, Suite 139 912 Scott St, PO Box 122604 Cincinnati, OH 45202 Covington, KY 41011 Office 513-721-2910 / 877-361-4518 / 859-431-1077 www.MHAnkyswoh.org / www.GuideToFeelingBetter.org

WHAT ARE BOUNDARIES ?

Boundaries help us separate what is ours, what we are responsible for. Boundaries define what we can control and change. Appropriate boundaries are what enable people to say no without feeling guilty or fearful that the person they are dealing with will stop liking or respecting them.

What is Mine & What is Not Mine : Some Guidelines WHAT IS MINE

- 1. My awareness of my inner life.
- My inner life, including :
 my beliefs, thoughts, feelings, decisions, choices & experiences
 my wants & needs
 my unconscious material
- 3. My behavior
- 4. The responsibility to make my life successful & joyful

Healthy Boundaries

WHAT IS NOT MINE

- 1. Other's awareness of their inner life.
- Material from other's inner life, including :
 their beliefs, thoughts, feelings, decisions, choices & experiences
 their wants & needs
 their unconscious material
- 3. Their behavior
- 4. The responsibility to make their life successful & joyful