

## **Good Boundary Communication**

Sometimes the words are just not there if you haven't practiced or been taught how to set good boundaries. Here are some examples of sentences you might use to create a good boundary when negotiating in a relationship:

- That sounds like a good idea, but I'm just not ready to do this at the moment.
- I'll give it some thought.
- This really does not work for me. I would prefer ....
- I need time to consider what you are asking me to do. I'll get back to you tomorrow on that.
- I would appreciate you not yelling at me when you are angry. I'll listen to you if you speak calmly to me.
- I ask that you please lower your voice.
- I feel \_\_\_\_\_, because I think\_\_\_\_\_.
- When you speak to me like that, I feel belittled, judged and criticized.
- If this continues, I won't participate in this conversation. (And follow through!)
- This is all I can take on. This is my limit.
- Please communicate with me calmly and honestly when we disagree. I won't participate in violent communication.
- I need to leave now. I'll speak to you later. (And make sure you do call at a later date.)
- I'm not ready yet. I need more time.
- This is who I am.
- I need to take time out from this discussion. I will be available to talk about this in an hour/day/tomorrow.

Baby steps at first are the name of the game. With time, good boundaries will be a real part of your life. A new normal is just around the corner. Be consistent. Be good to yourself. You need to fill your own cup first and create a strong, vital energy within yourself, and then you can give to others only from the overflow.

*By Victoria Lorient-Faibish MEd, RP, CCC, BCPP, RPE*

*Registered Psychotherapist*

*Relationship Expert*

*Holistic Psychotherapist*

*Masters in Educational Psychology*

*Canadian Certified Counsellor*

For speaking inquiries go to [www.visualizationworks.com](http://www.visualizationworks.com)