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boundaries can be a way of demonstrating compassion towards yourself and compassion towards others when we don't respect our own boundaries or another person's boundaries we can become psychologically disconnected doing this long term can lead to feeling defeated unworthy resentful and lonely apr 24 2018 boundaries are a form of self care healthy emotional boundaries mean you value your own feelings and needs and you're not responsible for how others feel or behave boundaries allow you to let go of worrying about how others feel and places accountability squarely with the individual boundaries also keep you from overextending yourself jan 24 2022 boundaries are the limits of appropriate behavior between people personal boundaries define where one person ends and the other begins boundaries affect intimate relationships families and colleagues in a work environment setting relationship boundaries can be challenging but boundaries ensure the relationship is healthy for everyone aug 11 2021 1 physical boundaries physical boundaries protect your space and body your right to not be touched to have privacy and to meet your physical needs such as resting or eating they tell others how close they can get to you

what kind of physical touch if any is okay how much privacy you need and how to behave in your personal space jun 8 2021  
what are personal boundaries personal boundaries are simply the lines we draw for ourselves in terms of our level of comfort around others these boundaries may have to do with physical  
dec 13 2022 emotional boundaries are all about respecting and honoring feelings and energy setting emotional boundaries means recognizing how much emotional energy you are capable of taking in knowing when to share and when not to share and limiting emotional sharing with people who respond poorly  
respecting emotional boundaries means validating the feelings of  
nov 30 2022 let's define boundaries put simply a boundary is a limit or edge that defines you as separate from others katherine 2010 p 14 our skin is an obvious physical boundary but we have other kinds of interpersonal boundaries too including a limit that extends beyond our body consider what happens when somebody stands too close for comfort what are boundaries the dictionary definition of boundaries states that they are guidelines rules or limits that a person creates to identify for him or herself what are reasonable safe and permissible ways for other people to behave around him or her and how he or she will respond when someone steps outside those limits to put that in basic terms boundaries jun 4 2019 boundaries come in many forms physical boundaries relate to your personal space privacy and body what is an acceptable distance between you and another person are you comfortable with apr 1 1992 boundaries impact all areas of our lives physical boundaries help us determine who may touch us and under what circumstances mental boundaries give us the freedom to have our own thoughts and opinions emotional boundaries help us to deal with our own emotions and disengage from the harmful manipulative emotions of others  
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