What are Boundaries?

Boundaries are the limits and rules you set for yourself in relationships. When managed well, boundaries protect you and allow for intimacy and new experiences.

Boundary Styles

Boundaries exist on a spectrum from porous to rigid. Everyone has a combination of different boundary styles in different situations and with different people.

⊗ Porous

A person with porous boundaries struggles to say "no" to others. This allows for intimacy, but often at the cost of their own wants and needs.

✔ Healthy

A person with healthy boundaries can say "no" to others, but they're also open to intimacy and new experiences.

⊗ Rigid

A person with rigid boundaries keeps others at a distance. This offers protection and stability, but at the cost of intimacy and new experiences.

Boundary Types

Physical	Emotional	Intellectual
how you manage personal space and physical touch	how you share and protect your feelings	how you express and explore thoughts and ideas
Sexual	**Material**	**Time**
how and with whom you express your sexuality	how you use your money and possessions	how you spend and structure your time

🧭 Your values have a big impact on your boundaries. For example, if you highly value time with your family, you might set strict boundaries against working late.

🏢 The appropriateness of boundaries depends on setting. For example, what's appropriate with friends might not be appropriate at work.

🌐 Some cultures have very different boundary expectations. For example, some cultures consider it inappropriate to express emotions publicly, while others encourage emotional expression.