

7 TYPES OF BOUNDARIES

MATERIAL

Monetary decisions, giving or lending to others

"I already lent you money last week, so not again right now"

INTERNAL

Self-regulation, energy expended on self vs. others

"I have been social all week. I need the weekend to myself"

CONVERSATIONAL

Topics that you do and do not feel comfortable discussing

"I would rather not be a part of this conversation"

PHYSICAL

Privacy, personal space, your body

"I prefer not to hug people I do not know"

TIME

How much time you spend with someone or doing something

"I can only stay for 30 minutes"

MENTAL

Freedom to have your own thoughts, values, and opinions

"I respect your perspective although I do not agree"

EMOTIONAL

How emotionally available you are to others

"As much as I want to support you right now, I do not have the emotional capacity"