

Boundaries are not walls.

They are directions for access.

A boundary is a clear statement about what you will participate in, what you need, and what you will do when a limit is crossed. It helps your behavior, responses, and patterns fit your values, capacity, safety, and personal needs.

A BOUNDARY IS	A BOUNDARY IS NOT
Self-directed: It names what I will do.	A command: It cannot make someone agree.
Values-aligned: It protects what matters.	A punishment: The goal is protection, not revenge.
Specific: It makes the next step understandable.	Mind-reading: Other people need clear information.
Supported by follow-through: The action is realistic and within my control.	A guarantee: Someone may still feel disappointed, angry, or confused.

THE BOUNDARY FORMULA

When [situation happens], I will [action within my control]. If it continues, I will [follow-through].

Example: If advice continues after I say no, I will end the conversation and reconnect another time.

BOUNDARY PATTERNS

Not good people or bad people.

Patterns we can notice and change.

Most of us move among these patterns depending on the relationship, stress level, history, and sense of safety. The goal is not perfect boundaries. It is clearer, more intentional choice.

RIGID - TOO CLOSED	POROUS - TOO OPEN	HEALTHY - CLEAR + FLEXIBLE
Distance feels safer than mutuality. Help, feedback, or closeness may feel intrusive. Common signs: I handle everything alone. I disappear instead of naming a limit. Vulnerability feels unsafe or costly. Try: one small, specific request.	Other people's needs, feelings, or opinions repeatedly override your own. Common signs: I say yes while feeling no. I over-explain to earn permission. I tolerate what drains or hurts me. Try: a pause before answering.	You can protect yourself while allowing mutual care, negotiation, and connection. Common signs: I name the limit directly. I can hear disappointment without surrendering. My follow-through fits the situation. Try: clarity without a courtroom speech.

Ma.Mom.Mama

Holding space for every version of you

THE SEVEN TYPES

One life.

Seven places to protect it.

Boundaries overlap. A request about visitors may involve physical space, emotional capacity, time, and household values all at once.

CENTER OF THE MAP

MY NEEDS + VALUES

PHYSICAL Body, touch, personal space, rest.	EMOTIONAL Feelings, capacity, and what you can hold.
INTELLECTUAL Beliefs, opinions, choices, and decisions.	TIME Availability, pace, transitions, and recovery.
MATERIAL Money, belongings, gifts, and lending.	SPIRITUAL Faith, traditions, meaning, and practices.
SEXUAL Consent, touch, pace, privacy, and pleasure.	

REMEMBER

A limit may involve several boundary types at the same time.

CONSENT IS ONGOING

Sexual boundaries always require consent. A relationship, marriage, history, or previous yes does not create automatic access to your body.

PUT IT INTO PRACTICE

A boundary you can keep
is more useful than one you cannot.

1 / NOTICE

What keeps happening that leaves me resentful, depleted, unsafe, or disconnected?

Your notes: _____

2 / NAME

Which need, value, responsibility, or limit is underneath that reaction?

Your notes: _____

3 / CHOOSE

What action is actually within my control if the pattern happens again?

Your notes: _____

4 / SAY

What is the shortest clear sentence that communicates the limit and next step?

Your notes: _____

5 / FOLLOW THROUGH

How will I support myself through discomfort, pushback, or guilt?

Your notes: _____

REMEMBER

Clear does not always feel comfortable. Discomfort is not automatic proof that the boundary is wrong.

Educational tool; not individualized therapy, legal advice, or a safety plan.