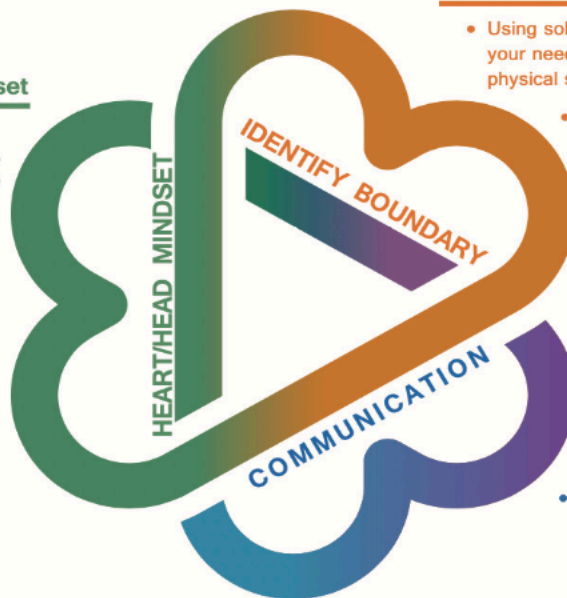


Authentic Boundaries Tool

Step 1: Heart/Head Mindset

- Acknowledge your worth and right to set healthy boundaries. Grant permission to yourself to create personal limits.
- Which character strengths can you bring forward to help you set this boundary?



Step 2: Identify Boundary

- Using solution-focused questions, clearly identify your need for the healthy psychological and/or physical space that this boundary will create.
- With self-compassion, an open mind, and a peaceful heart, identify the desired/needed boundary.

Step 3: Calm Communication

- Calmly communicate in a safe/comfortable place with "I" messages that take personal responsibility and don't vilify others.
- Identify character strengths you can use to communicate new expectations and to create healthy behaviors.

*Inspired by the following: Dr. Henry Cloud and Dr. John Townsend, *Boundaries* (2017); Buck, Chad, *Establishing Effective Personal Boundaries*, Vanderbilt University Faculty and Staff Health and Wellness (2015, 2016); Pury, Cynthia, and Shane Lopez. *The Psychology of Courage: Modern Research on an Ancient Virtue*. The Psychology of Courage: Modern Research on an Ancient Virtue. Washington, DC, US: American Psychological Association, (2010); Dr. Brené Brown "3 Ways to Set Boundaries." Oprah.com; and Lindsay Holmes "10 Great Things that Happen When You Set Boundaries." Huffington Post. April 4, 2016.*