

"What are Boundaries..."



...and how do I set them?" – *Advice by the Institute for Women's and Men's Health Vienna/ Project NEDA*



"What are boundaries?"

Each and every one of us has their own personal boundaries. Our personal boundaries stem from our values, opinions, experiences, and development. No boundary is good or bad. Everyone has the right to decide for themselves what feels good for them and what they say "No" to.

„Why are boundaries so important?"

Our personal boundaries act as a shield against being overwhelmed, disappointed, or hurt. By setting respectful and clear boundaries, we make sure that our needs are being met. Boundaries help us to interact with other people. Take your own boundaries seriously!

„How do I recognize if my boundaries are being crossed?"

Some of our boundaries are not conscious, we only feel them once they were crossed. Take a moment to think about this: What is too much for me? What do other people do that makes me feel uncomfortable? When do I feel like I have to defend myself? When do I feel bad because I did something that I actually did not want to do?

„Why are my boundaries crossed?"

Boundaries need to be communicated because other people do not necessarily know what we need. Sometimes it can be hard to tell others your boundaries because you might be scared of the consequences, for example disappointing someone. Healthy boundaries are not meant to build a wall around you, but to show yourself respect and appreciation.

„How do I learn to set boundaries?"

Defending your personal boundaries largely depends on communication. Setting boundaries means learning to say "No". It is important to tell others what you do not want to do or what you do not want others to do to you.

Learning to say "No" takes a lot of practice!



Source: <https://zeitzuleben.de/vom-setzen-und-durchsetzen-personlicher-grenzen/>

CONTACT PROJECT NEDA:

FEM (Girls/Women): Klinik Floridsdorf, Brünner Straße 68/A3/Top 14, 1210 Wien – Tel.: +43 1 27700 5600

FEM Süd (Girls/Women): Klinik Favoriten, Kundratstraße 3, 1100 Wien – Tel.: +43 1 60 191 5201

MEN (Boys/Men): Klinik Favoriten, Kundratstraße 3, 1100 Wien – Tel.: +43 1 60 191 5454

www.fem.at