

ECHO – Every Choice Has Opportunity

Setting Boundaries

Your body tells you when boundaries are crossed:

Tight chest/stomach • Sudden anger/anxiety • Want to escape

Setting Boundaries:

"When _____, I feel _____, so I need _____."

Remember:

- Your boundaries are valid
- Start small & practice
- Be direct, calm, & consistent
- Healthy boundaries = healthy relationships



TIME



BODY

FEELINGS



Your Boundaries Matter

Boundaries are invisible fences that protect you

THINGS



SOCIAL



ECHO – Every Choice Has Opportunity

Healthy Relationships



Healthy

- Mutual Respect & Trust
- Open Communication
- Independence
- Respect Boundaries
- Feel Safe to Be Yourself



Unhealthy

- Controlling
- Dishonesty
- Isolation from others
- Pressure
- Manipulation
- Feeling Unsafe



Key Skills

- Use "I" Statements
- Set Clear Boundaries
- Active Listening
- Build Trust Through Actions
- Problem-solve Together

You deserve respect & safety in ALL relationships

Remember: The relationship with yourself sets the standard for all others