

Establishing Healthy Boundaries for Happier Relationships

Do you ever feel that you are being pulled in too many different directions or that other people take advantage of you? Do you find that you always say “yes” to demands others place on you? This can feel overwhelming at times but the good news is that you can learn to set healthy limits with other people and teach them to treat you in a more respectful way.

Change your pattern

We cannot change other people or their behaviors. You can only change your responses. People will not change unless we let them know what it is that we want and need from them.

Identify your needs

Identify patterns of repeated situations or behaviors that leave you feeling resentful, energy drained or depressed. You are allowed to set limits and take care of yourself.

Know it won't be easy

It can be uncomfortable to say “no,” set limits and take care of your needs. If you are consistent and firmly communicate that your needs also matter, the other person will typically begin to respect the limits you establish.

Love and respect yourself

Learn to balance being kind to others with being kind to yourself. Practice valuing and respecting yourself and your needs.



See the big picture

Realize that some relationships may have to end. If a person in your life refuses to learn to respect you and the boundaries you establish, know that the relationship could end. It is important to see the bigger picture and recognize that ending an unhealthy relationship is better for both of you.

Live by your values

When you steadily do the right thing no matter what, others often have no choice but to treat you with that earned respect! Having integrity is rarely easy. In today's world, it is very attractive to take shortcuts. When you are honest and courageous with others, they often treat you the same. Be clear with your values and practice living by these.

Be consistent

When setting limits on others' behaviors, it is important to not be wishy-washy. Be clear, concise and consistent all of the time. Be clear what you expect and need from others.

If you need help learning to set boundaries and discovering ways to better care for yourself, consider contacting the EAP. We can provide supportive counseling and coaching to help you establish better boundaries with others or improve other areas of your life. We are here for you. Give us a call today or visit EAP4YOU.com