Boundaries for Healthy Relationships

The 4Rs

Healthy families have clear boundaries and expectations, especially with:

- **R**ules
- **R**oles
- **R**ituals
- **R**outines

Boundary Truths

- Boundaries are healthy.
- Boundaries give you ownership.
- Set your own boundaries.
- Respect others' boundaries.
- Reinforce your boundaries.
- If you don't set your boundaries, someone else will.
- Your feelings will tell you when your boundaries have been violated.

Priorities

Boundaries for busy families include:

- Speaking expectations
- Intentionality
- Encouraging self-care
- Engaging in self-care
- Consistent routines
- Flexibility and adaptability
- Regular reviews

Books

- *Boundaries* - Dr. Cloud & Dr. Townsend
- *Boundaries in Marriage* - Dr. Cloud & Dr. Townsend
- *Set Boundaries, Find Peace* - Nedra Glover Tawwab
- *Drama Free* - Nedra Glover Tawaab
- *Essentialism* - Gregory McKeown

Boundaries can sound like...

For Rules:

"Please knock on my door before you walk in."

"We only play video games after finishing homework."

For Rituals:

"We will welcome extended family over for holiday brunch after our immediate family opens their presents."

"You can go out with your friends, but you have to be home for Sunday family dinner."

For Roles:

"It is not my job to be a mediator during family arguments. If there is something you need to say to one another, say it directly and not through me."

"I appreciate you wanting to be there for me. I would like it if you supported me by listening about my situation rather than offering me feedback."

For Routines:

"I can help with making dinner tonight, but I will need you to do the dishes."

"I can come to the party this weekend, but I'll need to leave early to prepare for Monday."

Boundaries do not require others to change, but they clarify what you will or will not accept.