

How To Set Boundaries

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Module 3 - The Method

Here are the steps for setting boundaries!

1. Pause - give yourself time to respond

2. Decide

- Head - your preferences, your mindset
- Heart - how do you feel?
- Stomach - accept the fear of standing up for yourself
- Feet - are you capable of helping right now?

3. Communicate - Calm, concise, honest, unapologetic

4. Be aware of any reaction you receive - and any attempt to control you

5. State your consequences - restate your boundary and leave the conversation if you need to