

Peer Support Recognise and React

Boundaries are there to make me feel safe and comfortable. I may be able to recognise when I need to set a boundary by noticing how I feel and behave. By being more self-aware about my feelings and behaviours I can improve how I manage my emotions and relationships with others.

Feelings

If I feel one of my boundaries has been crossed, I may experience some of the following feelings:

- Upset
- Stressed
- Overwhelmed
- Frustrated
- Anxious
- Undermined
- Betrayed
- Vulnerable
- Angry
- Fear
- Inadequate

Behaviours

I might behave in some of these ways if one of my boundaries have been crossed:

- Complaining
- Shouting
- Withdrawing
- Aggression
- Safety behaviours (gambling, drinking, self-harm)
- Defensive
- Passive aggressive
- Overly apologetic
- Crying

Please fill out the following questions to reflect on when I might need to put a boundary in place:

Q1. What do I want to protect in my life with a boundary? For example, personal space, my routine, personal details, health, relationship status etc.

Q2. If this boundary is crossed, how might I...

- ...feel?
- ...behave?
