

Setting boundaries



Families often tolerate more than they're comfortable with. You may have told your loved one, "If this happens again, I'll call the police" or "You can't live here anymore." But following through can be difficult. Still, clear and consistent boundaries are vital for both you and them. Without them, chaos and uncertainty grow

Setting Boundaries: Quick Tips

- Be clear about your limits.
- Don't make threats you can't or won't follow through on.
- Avoid ultimatums in the heat of the moment.
- Communicate decisions calmly and firmly.
- Follow through on what you say.
- Remember: boundaries protect both you and your loved one.