

# Types of Boundaries

## Emotional Boundaries

- How can you recognise and respect your emotional needs and balance those with the emotional support you give others?

## Physical Boundaries

- Comfort level with personal touch
- Establishing personal space
- Sensory needs

## Relationship Boundaries

- What are your expectations within personal relationships?
- What is acceptable and non-acceptable behaviour for you?

## Time Boundaries

- When you are available
- How you allocate your time and prioritise yourself vs others
- Not overcommitting or overextending yourself
- Work, study, recreation

## Financial Boundaries

- How you prioritise what you spend your money on
- Your stance on debt, borrowing and lending

## Task Boundaries

- What's the scope of your responsibilities?
- Setting realistic expectations of how much you can get done

## Communication Boundaries

- What channels of communication do you want to use
- How available are you to others and at what times?
- What aspects of your life do you want to share with whom?

## Technology Boundaries

- How can you set limits on your screen time or social media use?
- How do you use technology to aid you, rather than distract you?