

Cocoa Fresh Ancient Herbal Therapy

Helping people

Learn How to Set Boundaries

Recommendations and tips to set boundaries



Emotional Health

Emotionally healthy people hold boundaries and respect the boundaries of others. They have the emotional maturity to understand that we each have our own limits and that those limits are not "mean" or "rude."

Remember, boundary setting is a practice that becomes more comfortable in time.

Many of us don't have or understand boundaries because we were not modeled clear boundaries by parent-figured or our boundaries were consistently violated or ignored



Prioritizing emotional health is just as important as physical health.

Setting Boundaries

It's normal to feel afraid, guilty or confused if you even have a right to set them. These feelings come from co-dependency and with practice, we can evolve to understand boundaries as a part of our self-worth.



What are the types of boundaries?

Physical Boundaries - boundaries around our physical limits + personal space needs

Emotional Boundaries - boundaries around how you feel, who you engage with + what part of yourself you share

Resource Boundaries - time + energy

Material Boundaries - things, how they're used + how they're treated

Emotional Boundaries

"I'm not in a good headspace to support you around this right now.", "Do you have the ability to listen for about 15 minutes while I share what's been happening for me, recently?", "I am going to need to pause form this conversation + take a break, I'm at my max emotionally."



Resource Boundaries

"I can come, and am only able to stay for an hour before I head home.", "Saturday afternoons is the time I recharge, so I won't be available.", "Do you have the time in your day to chat for 15 minutes or so about this?"

Physical Boundaries

"I've had a really tough week, I need some time to myself to rest.", "Please do not touch me like that again.", "Please knock before coming into my room/office."

Material Boundaries

"I don't allow people to drive my car, I'm uncomfortable with that.", "You're welcome to wear my clothes, just please bring them back the next day.", "If you'd like to borrow my things, please ask first."

Boundaries are our own personal limits. They allow us to have space between us and another + are the foundation of healthy relationships.

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