

## Setting Healthy Boundaries With My Parents

Our parents don't always recognize who we are and what we have learned as adults. As a result, it may be necessary to revisit boundaries occasionally.

In this exercise, we identify areas where healthier boundaries are needed and how to articulate them more clearly.

Consider each of the following points, adding extra ones as appropriate. Mark off those that apply to you:

<i>They know intimate details of my romantic relationship, especially details that cause harm.</i>	<input type="checkbox"/>
<i>I feel pressured to behave in certain ways to gain their approval.</i>	<input type="checkbox"/>
<i>They get involved in my disputes with others.</i>	<input type="checkbox"/>
<i>They don't respect my opinions.</i>	<input type="checkbox"/>
<i>They invade my personal space without permission.</i>	<input type="checkbox"/>
<i>They expect me to agree with everything they say.</i>	<input type="checkbox"/>
<i>I say yes to them out of obligation, even when it's inconvenient for me.</i>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

For each one you've marked, complete the following statements to define the boundaries required. Doing so will help you clarify what you need to communicate to them.

Be clear and direct, express the importance, and stay consistent.

For example,

*I need to keep certain aspects of my romantic relationship private. I will share what I'm comfortable with, but I expect you to respect my privacy and not probe for intimate details.*

*I need them to understand that I have my own opinions and decisions. While I value their advice, I expect them to respect my choices even if they disagree. It's essential for me to feel supported in making my own decisions.*

**I need the following boundary with you (my parents):**

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Setting boundaries with parents is not easy, but it is essential for your autonomy and the health of your relationship.

## References

- Tawwab, N. G. (2021). *Set boundaries workbook: Practical exercises for understanding your needs and setting healthy limits*. Little Brown Book Group.

Dr. Jeremy Sutton, PhD.