Setting Boundaries in a Relationship

Whether it's a new romantic relationship, or a family member, it is never too late to establish new boundaries. Setting boundaries is as easy as being able to say 'no' or explaining what you are comfortable or uncomfortable with.

Physical Boundaries . Your body and space. In any relationship, you have the right to autonomy over your body and personal space. Make sure you're both on the same page!

Emotional/Intellectual Boundaries. It's okay to have different values, beliefs and opinions, while paying attention to your personal needs and allowing time to unwind & relax.

Spiritual or Religious. Being able to have your own view and opinion on beliefs/spirituality while also respecting that other's opinions may be different.

Sexual Boundaries. In an intimate sexual relationship it is good practice to learn each other's preferences and needs/wants. Communicate if you ever feel uncomfortable.

Material Boundaries. It is important to express your thoughts on money, earnings etc to ensure you are comfortable. This boundary depends on your individual relationships.

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