

Personal boundaries are rules and limits we set for ourselves to protect our well-being, including physical, emotional, and time boundaries. They define what we accept in relationships and focus on our own actions rather than trying to control others.

Types of Boundaries

- Physical space: Personal touch, privacy, and bodily limits.
- Emotional feelings: Separating your feelings from other people's moods.
- Time limits: How much of your schedule you give to tasks or people.

Healthy vs. Unhealthy Limits

- Porous (Too open): Saying yes to everything, leading to burnout and resentment.
- Rigid (Too closed): Keeping people out completely to avoid any risk of hurt.
- Balanced: Knowing when to open up and when to say no with kindness.