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3 Ways to Develop and Maintain Healthy Relationship Boundaries

Boundaries are necessary in any relationship to ensure that your wants and needs are being met and that your un-crossable lines are not being crossed.

1. Verbalize your wants and needs

The most important thing you can do is sit down and write out your non-negotiables — your ultimate wants and needs. Once you're clear on what you want and need, you have to vocalize this to your partner. Your partner needs to know that every time the cooking, cleaning, dishes, laundry are all left on you, it makes you feel like you are not the smart, educated, strong person that you are.

Your partner needs to know that when they say they're going to be home at a certain time and are always late that it makes you feel less important, irrelevant, and disrespected.

Sitting down and calmly making your points clear creates a strong foundation for a healthy relationship. **When you give your wants and needs air time, you are setting boundaries.**

2. Revisit your boundaries from time to time

If you want your boundaries to be maintained, you have to revisit them from time to time. And you have to ask:

- Does it feel like your partner heard you and is making appropriate adjustments?
- Does it feel like you did a good job explaining your needs and wants?
- Does it feel like your partner is trying but you are still feeling violated?

If you feel heard and that your partner made appropriate adjustments, you're probably in good shape. If you aren't sure that you communicated your boundaries well, you better sit down and revisit those boundaries with your partner again (just like in school, sometimes we need several approaches before we understand the content, so this is completely normal and totally ok).

3. Re-establishing your boundaries

After some time you need to reestablish the boundaries. Go back to the first step: give air time to the new boundaries set. Remember, relationships are ever-evolving, which means our work here is never done. We continually need to check-in with our partners and see how we're doing. In every stage of life our needs and wants are different, and sometimes our relationship climate changes rapidly. This is why it's so critical to the health and development of our partnerships that we revisit, revise, and reestablish our boundaries regularly.

Modified from: <https://psychcentral.com/blog/3-ways-to-develop-and-maintain-healthy-relationship-boundaries/>

Setting Boundaries is a way of caring for myself.

It doesn't make me Mean, Selfish or uncaring because I don't do things your way I care about me too.

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