

# 5 Types of Boundaries You Can Start Setting Today

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Boundaries are personal guidelines you create to maintain self-respect, your sense of peace, and your quality of life. There are many different types of limitations that you can enforce. The most important thing to remember when setting boundaries, is to make sure you respect your boundary too. Practice setting and upholding these 5 different boundaries:

## PHYSICAL BOUNDARIES

respect your need for personal space, your comfort with touch, your right to privacy, and meet your physical needs such as resting or eating.

## FINANCIAL AND MATERIAL BOUNDARIES

respect your financial resources and possessions, how those things are treated and cared for, your right to financial privacy, your decision to share or not to share.

## TIME BOUNDARIES

include understanding your priorities and being responsible for how your time is utilized.

## SEXUAL BOUNDARIES

include respect, consent, preferences, and privacy for your body and what you choose and choose not to participate in.

## INTELLECTUAL & EMOTIONAL BOUNDARIES

respect your thoughts, ideas, and beliefs, emotional safety, your right to information, emotional privacy, and not be held responsible for the feelings of others.

What type of boundary do you need to practice setting more of?