

Boundaries

Think about the values that are important to you. How might those values affect the decisions that you make?
Write your own examples on the back of this sheet.

Examples of Boundaries based on Your Values*:

Value: **Being Kind** (considers others and their feelings).

1. Set your limits: I will be kind in my relationships by not spreading or listening to gossip about others.
2. Take a stand, be firm: A friend of mine told me a rumor that I did not know to be true. I chose to ignore it.
3. Communicate your boundaries clearly: I told my friend, "I don't want to talk about rumors. We don't know if that's true, let's not talk about that anymore." Then I changed the subject.
4. Pay attention to your feelings: When my friend continued to tell me gossip and rumors, I re-evaluated if this was the right friendship for me.

Value: **Being Productive** (thrives on completing tasks and projects efficiently).

1. Set your limits: I will be productive by staying focused and planning the times when I watch videos or play games so I can get my work done.
2. Take a stand, be firm: I felt tired, so I was tempted to continue to scroll through the videos on my phone but instead got up and worked on my homework.
3. Communicate your boundaries clearly: I told my friend, "I can't play video games right now because I have things to do but I can later tonight after I have my homework done."
4. Pay attention to your feelings: My friend was texting me that my homework does not matter and that it is more important to defend my high score on my video game, so I turned off my text notifications while I did my homework.

Value: **Being Self-Controlled** (refrains from something due to a personal belief).

1. Set your limits: I will show self-control in my romantic relationships because my personal belief is I do not want to have sex before I am married.
2. Take a stand, be firm: I felt excited about my relationship, so I was tempted to be in a secluded place with my partner which I knew could compromise my values. Instead, I made the decision to do a group outing with my partner and other friends.
3. Communicate your boundaries clearly: I told my partner when I started this relationship, "I want to wait until I am married to have sex, I want you to support me in achieving this goal."
4. Pay attention to your feelings: My partner was pressuring me that if I really loved them, I would show them that I care for them by having sex, so I made the difficult decision to leave the relationship because I want someone who supports my personal beliefs.

**To find your personal values, try our Your Values tool.*

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www.yourlifeyourvoice.org