

Unselfish Reasons to Have Boundaries

TEN UNSELFISH REASONS TO HAVE HEALTHY BOUNDARIES



1. You're more self-aware

There is a healthy separation between your own thoughts and feelings and those of others.



6. You build more trust

Communicating your own limits shows others that you are open and honest and trust them to deal with that.



2. You become a better friend and partner

People with less effective limits or boundaries are more likely to violate the boundaries of others too.



7. You're less angry

You don't let other people get away with things that are not okay so there is no need for resentment and anger.



3. You take better care of yourself

It makes you more effective and less burned out so you can help others better.



8. You learn how to say "No"

Again this prevents resentment and anger building up.



4. You're less stressed

Without a boundary you absorb the stress around you and get drained.



9. You end up doing things that you actually want to do

You feel great when you can focus on the things that are important to you, including others in your life.



5. Be a better communicator

Expressing your own limits in a clear and concise way let's everyone know where they stand and avoids mis-understandings.



10. You become a more understanding person

As Brene Brown said "the most compassionate people I have interviewed as part of my work have been the most bounded".

Among those ten unselfish reasons to have healthy boundaries, which ones attract you most?