



In generous collaboration with:



Assertiveness & Boundary Setting

Welcome! Class will begin soon. 😊

Feel free to introduce yourself in the chat with your pronoun(s) & where you are Zooming in from!

What to Expect

- ❖ Accessibility & Mute Options
- ❖ Chat Communication
- ❖ Confidentiality & Instructor Roles
- ❖ Class Format: Lecture, Discussion, Roleplay!

Who We Are

IMPACT is a nonprofit organization that works to prevent violence and abuse by giving people the tools to protect their safety and advocate for healthy relationships and respect in their communities and society.

For more information, visit us at:

impactboston.org

What is a boundary?

What is a boundary?

- ❖ A line between what is acceptable, safe or comfortable and what is not.
- ❖ By setting boundaries, you are letting the people in your life know what is OK with you and what is not OK with you.

Principles of Setting a Boundary

1. Breathe.
2. What's going on? (*Name the behavior.*)
3. How do I feel about it?
4. What do I want/need?
5. Ask for what I want/say what I need.

**Note: Setting boundaries and noticing how someone responds is a way for us to learn how trustworthy they are.*

Setting a Boundary

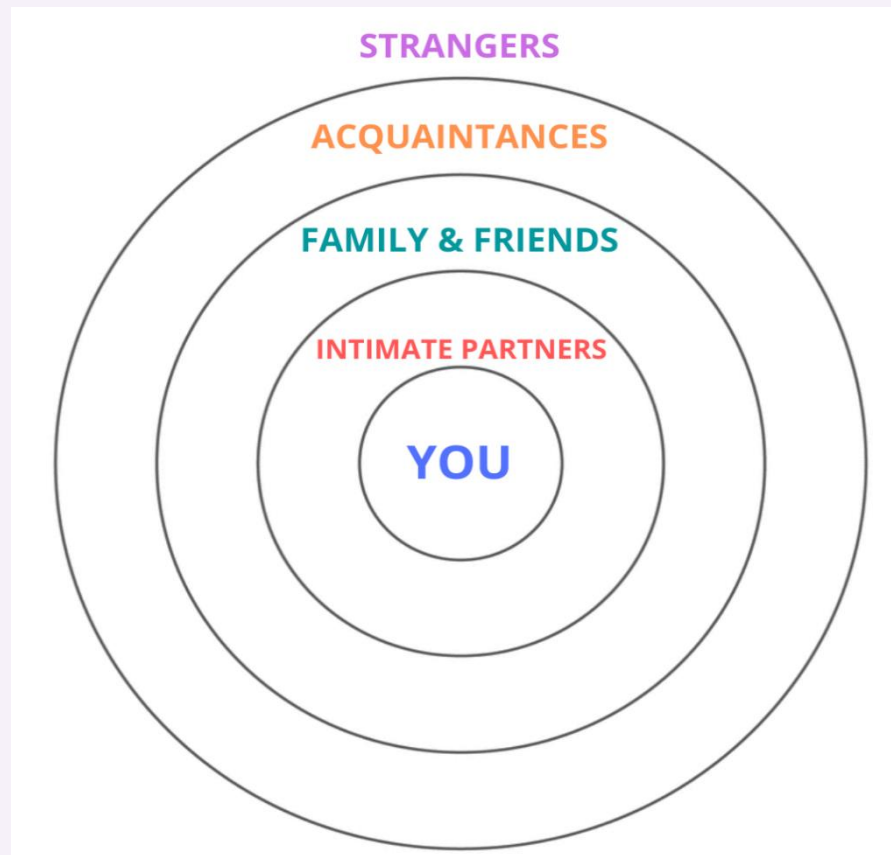
When you _____,
(Name the specific behavior)

I feel _____.
(How you feel about the behavior, not the person)

I want/need _____;
(What do you need to have happen?)

Can you agree to _____?
(Make a verbal contract)

Boundaries and Types of Relationships



Things to Remember...

- Setting boundaries can be stressful, challenging, and test us!
- They can also be rewarding, validating, and lead to a healthy lifestyle.
- An important part of boundary setting is managing our body's stress response.

What is Adrenaline?

Adrenaline is a hormone produced in the body when there is a perceived threat or danger (the threat may be psychological).

It is commonly known as the body's flight/fight/freeze response.

Adrenaline responses are normal survival mechanisms that can help us react quickly to uncomfortable or life threatening situations.

What changes do you notice most in your body and/or behaviors when you feel stressed or nervous?

Exercises to Managing Adrenaline

- ❖ Finding your Breathing
- ❖ Points of Contact
- ❖ Tapping
- ❖ Positive Imagery

How We Communicate

Nonverbal communication plays a major role in all of our conversations. Before focusing on our words, people first notice:

- Body language:
 - How we're holding/moving our body
 - Facial expressions
- Tone of voice

In order to communicate effectively our words, tone of voice and body language need to be in sync as much as possible.

Role-play & Discussions

Remember..

The best way to be good at setting boundaries...

is to PRACTICE!

Setting boundaries is a life skill we all continue to work at.



Questions? Connect with us!

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Support Resources

<http://impactboston.org/resources/support-services/>

Feedback Form

<https://forms.gle/MQrXgDyDJjtcJv7k7>



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with



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