



# Assertiveness & Boundary Setting

**LGBTQ+** *Pride Series*

**WELCOME!** Class will start soon.

While you wait, please use the chat box to introduce yourself by telling us your name, pronouns, and where you are from!

# WHAT TO EXPECT

- We will be muting everyone to reduce background noise.
- Please use the chat box for questions or responses.
- Please treat each other with respect and respect everyone's right to confidentiality.
- Class format: some lecture, some dialogue, some move around!



# ABOUT IMPACT

*IMPACT is a non-profit 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](http://impactboston.org)



*What is a boundary?*



## **A BOUNDARY IS...**

- A clear line between what is acceptable, safe, or comfortable and what is not.
- Letting the people in your life know what is ok with you and what is not ok with you.

# PRINCIPLES OF BOUNDARY SETTING

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.*

# STEPS FOR SETTING A BOUNDARY

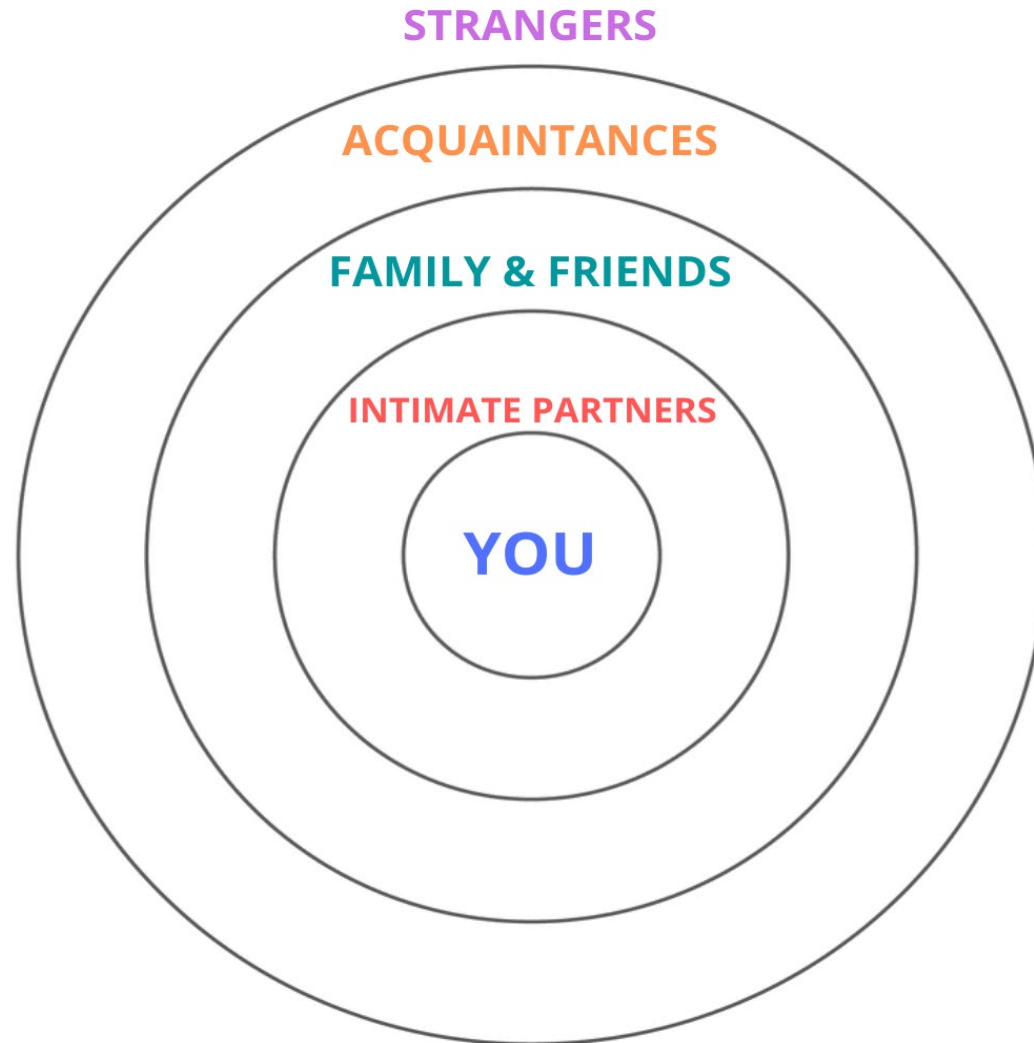
When you \_\_\_\_\_,  
(Name the specific behavior)

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 RELATIONSHIPS






## 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 physical changes do you notice most in your body when you feel stressed or nervous?*



*What do you changes do  
you notice to your  
behavior, when you feel  
stressed or nervous?*




# **ADRENALINE MANAGEMENT & GROUNDING TECHNIQUES**

- ❖ 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:
  - Tone of voice
  - Body language
    - How we are sitting or standing
    - Gestures/fidgeting/natural movement
    - Facial expressions
- In order to communicate effectively our words, tone of voice and body language need to be in sync.



*What do you notice happens to your tone or body language when you feel:*

- *Nervous or Scared?*
- *Angry / Annoyed?*
- *“Over it” / Shut down?*



*Let's practice some  
neutral phrases!*





*What did you notice about saying those phrases?*

*Which ones were easy to say?*

*Which ones were difficult to say?*



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!

Adriana Li

Program Coordinator, IMPACT Boston

[ali@impactboston.org](mailto:ali@impactboston.org)

Support Resources

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

Feedback Form

<https://forms.gle/AhnBLk7M1WQC6HCu6>



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