

Setting Limits or Boundaries with Yourself

Examples of boundaries you might need to set with yourself

- Sticking to your budget
- Limiting yourself to one hour of television per day
- No screens (television, phone) in your bedroom
- Not participating in gossip or talking about someone behind their back
- Not working past 7 p.m.
- Not answering work emails on the weekends
- Only buying what's on your shopping list (i.e. no impulse buys at Target)
- Keeping a regular bedtime and wake-up time
- Doing laundry every Friday
- Not having sex until the ____ (number) date
- Not checking Instagram every time you're bored
- Eating out no more than twice a week
- Brushing your teeth
- Avoiding people who are hurtful, stress you out, etc.
- Not drinking alcohol on weeknights
- Not keeping junk food in the house
- Limiting yourself to two cups of coffee per day

Tips for setting boundaries with yourself

1. Identify different areas of your life that need structure or limits, such as finances, relationships, electronics usage, daily routine, physical health, nutrition, emotional health, and so forth.
2. Create boundaries that reflect your goals and values.
3. Don't try to set too many boundaries all at once. Setting boundaries is a process and trying to make too many changes at once can backfire.
4. Use compassionate accountability. It's counter-productive to expect perfection and blast yourself for not holding all of your boundaries all the time. When you struggle with a boundary, be gentle with yourself. Being too harsh or unrealistic with yourself leads to shame, hopelessness, and giving up. Explore the reasons for slipping up, adjust your boundaries, if needed, and make a plan to improve.
5. Make incremental changes. Often it's helpful to adjust your boundaries incrementally. For example, if you're trying to go from snacking all night long to not eating after dinner, move your timeline back by 15 minutes at a time until you reach your goal (no eating after 9:00, then no eating after 8:45, and so forth).

For more information read this article: <https://livewellwithsharonmartin.com/setting-boundaries-with-yourself/>



What limits do you need to set for yourself? (Consider one or two in the following categories.)

Finances

Relationships

Electronics usage

Daily routine

Physical health

Nutrition

Emotional health

Other