

3 Types of Boundaries

ENMESHED

"Connected but not protected"

- You are able to feel connected to others, but become highly dependent on them
- You lose yourself in efforts to please & placate
- You struggle to say "no" and become overly-responsible

CHALLENGE:

Rehearse saying "no" with safe people

DISENGAGED

"Protected but not connected"

- You maintain a sense of separateness from others, but keep them at a distance
- You cut yourself off from the input of others and may refuse to be influenced or swayed
- You struggle with self-expression and opening up to others

CHALLENGE:

Practice vulnerability & self-disclosure with a trusted other

HEALTHY

"Connected and protected"

- You are able to feel connected to others and separate at the same time
- You can express your opinions while respecting the perspective of the other person — even when you differ
- You seek honesty, clarity, and understanding in difficult conversations

CHALLENGE:

Be willing to renegotiate previously set boundaries