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Boundaries 101: Learning to Recognize, Honor & Communicate

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16-10-2020. Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and well-being. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. This article will discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

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emotional and physical space
between you and another person
demarcation of where you end
and another begins and where
you begin and another ends limit
or line over which you will not
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