



FRESH MINDS THERAPY

Fresh Minds, Inspired Lives

How to Set Boundaries – Saying No

1. Identify Your Boundaries

If you're unsure where your boundaries lie, take some time to reflect. Think about situations or people that make you uncomfortable. What patterns do you notice? Where do you feel the need to set limits? Identifying these areas will help you gain clarity and develop stronger boundary-setting skills.

2. Identify Your Personal Values

Boundaries are rooted in personal values—what truly matters to you. Consider the areas of your life that are most important, such as relationships, work, or personal time. When your values are clear, it becomes easier to recognize when a boundary needs to be set.

3. Practice Saying No

You have the right to say no without explanation or justification. However, for many of us, saying no can feel uncomfortable—especially if we fear disappointing others or worry about how we'll be perceived.

Saying no is a key assertiveness skill and essential for maintaining healthy boundaries. Here are some simple yet effective ways to say no confidently and respectfully. You can practice these statements in a safe setting or use them in real-life situations—whether in person, via email, or through text.

- "I'm not comfortable with this."
- "I'd rather not."
- "Please do not..."
- "I can't do that for you."
- "This doesn't work for me."
- "I've decided not to..."
- "This is not acceptable."
- "I'm drawing the line at..."
- "I don't want to do that."



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4. Reflect on How It Made You Feel

Setting boundaries—especially if it's new for you—can bring up emotions like guilt, anxiety, or even shame. Feeling discomfort when making changes is normal, but this doesn't mean you're doing something wrong.

Try to acknowledge these feelings without judgment. Over time, setting and maintaining boundaries will feel more natural, and you'll gain confidence in advocating for yourself.

I hope you can start setting boundaries for yourself and those around you. If you need to talk this through and getting to the bottom of any difficult emotions that boundary setting brings up for you then please get in touch with me on
hello@freshmindstherapy.co.uk

Jo