

What is a **Boundary**?

Be aware

Of what is

Unacceptable and

Normalize saying no.

Do what is best for you

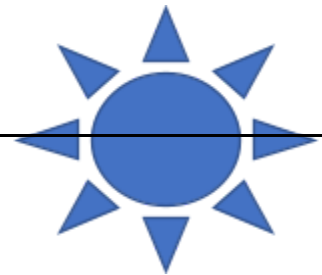
And know that it's not your

Responsibility to sacrifice

Yourself for others

@letstalk.mentalhealth

**The calmer we are,
the clearer we can
think.**



***A boundary shows me
where I end and someone
else begins -***

Henry Cloud

YOU CAN BE A GOOD PERSON AND STILL...

♥ **SAY NO**

♥ **DISAGREE**

♥ **SAY THE WRONG THING**

♥ **STAND UP FOR YOURSELF**

♥ **HAVE BAD MOODS**

♥ **MAKE MISTAKES**

Boundaries protect the things that are of value to you. They keep you in alignment with what **YOU** have decided you want in life. That means the key to good boundaries is knowing what you want.

– Adelyn Birch

THE REAL FLEX IS
KEEPING YOUR
HEART ♥ **SOFT AND**
YOUR BOUNDARIES
STRONG

**Your ability to feel
other peoples' pain
doesn't mean it's your
responsibility to fix it.**