

Boundary types

Make room for your needs, values and relationships.

Boundaries describe what you are comfortable with and how you will respond when a limit is reached. They can change with the situation, your culture, your needs and the trust you have with someone.

01 Physical

Your body, personal space, touch and privacy.

"Please knock and wait before coming into my room."

02 Emotional

What you share and how much emotional support you can offer.

"I care about you. I can listen for ten minutes, then I need a break."

03 Ideas & beliefs

Your views, values and freedom to disagree respectfully.

"We see this differently. I'll pause the conversation if it becomes insulting."

04 Sexual

Your choices about sexual contact, activities and images. Consent must be freely given and ongoing.

"I don't want to do that. Let's stop."

05 Money & belongings

How you use, lend or share money and possessions, including access to devices.

"I'm not able to lend money. Please don't use my phone without asking."

06 Time & availability

Your time, rest, commitments and availability online or in person.

"I check messages in the morning; I won't be replying overnight."

There is no single "right" level of openness. You can choose closeness with one person and distance with another. A firm limit can be protective. Respecting boundaries includes accepting other people's limits too.

Digital boundaries fit across these areas: messages, passwords, location sharing and permission to post photos.

Choose one boundary

Start with a small, everyday situation where you feel safe to practise.

1. Notice the situation

Which boundary type matters here? What happens, and what do you notice in yourself?

2. Name your need

What would help you feel respected, comfortable or able to manage your energy?

3. Put your limit into words

Try: "I can ..." / "I'm not comfortable with ..." / "Please ask me before ..."

4. Plan your next step

What can you do if the limit is not respected? Who could support you?

A boundary in action

"I want to talk about this. If there is shouting, I'll pause and arrange a time to return to it."

Focus on a step you can take. A boundary cannot guarantee how someone else will respond.

Safety first. If setting a limit could lead to threats, control or violence, prioritise safety and seek support from a trusted professional or 1800respect.org.au. You do not have to confront someone. Abuse is never your fault.

Further reading: Centre for Clinical Interventions, [Assertiveness](#); 1800RESPECT, [Consent](#).
General education and reflection. This worksheet does not replace individual psychological care.