

AFFIRMATIONS: HEALTHY RELATIONSHIP BOUNDARIES

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1. Asserting my boundaries is an act of self-love. Respecting other people's boundaries is an act of loving others.
2. "No" is a strong affirmation of self that I can make.
3. I have the right to refuse connection and intimacy of any kind.
4. I am being loyal to myself and my inner child when I assert my boundaries.
5. It's always okay and appropriate for me to say no to some requests and situations.
6. Having clear boundaries makes me a safe person, and enables me to behave appropriately with others.
7. Clear boundaries develop trust, stability, and respect.
8. Having clear boundaries helps me to be protected just as it helps others to protect themselves.
9. Having clear boundaries that I am consistent with protects and nourishes me, while it helps other people grow.
10. Having clear boundaries enables me to have appropriate levels of closeness with others, one that isn't walled off or overwhelming.
11. Having clear boundaries is essential for my physical, psychological and emotional health.
12. Forming and maintaining boundaries is an important development stage.
13. I have a healthy protective boundary system.
14. My first responsibility is to myself.
15. I am clear on what is and isn't under my control.
16. Others will still care about me if I think, feel, and act for myself.
17. I know where I stop and others begin, and where they stop and I begin.
18. I know where my responsibilities end and other people's responsibilities begin.
19. I make it a point to be aware of what I am really feeling, thinking, and wanting in any situation.
20. I make it a point to be aware of my own inner life, and I know that it's different from someone else's.
21. I never give up my own inner world to get acceptance or approval from others.

22. I have all the inner resources I need to know how to feel, think, or behave in a given situation.
23. I always have my own approval.
24. I give myself the full right to have my own inner world, and I always grant others the right to have their own inner worlds.
25. My personal universe of thoughts, beliefs, wants, feelings, and desires are contained within my boundaries. Another person's universe of thoughts, beliefs, wants, feelings and desires are contained within their boundaries.
26. There is always neutral space between my boundaries and someone else's. there is always neutral space between where my psychological space ends, and where someone else's begins.
27. It's always my decision who I let close and how close I let them. I always have choice in who I let close and how close I let them through the sharing of my inner world.
28. I always set limits on any unacceptable behavior from others.
29. I never ignore or overlook my actual experience.
30. I always have choice on when I allow psychological and emotional information from others in, and when I keep it out.
31. I manage contact with others well, keeping the integrity, freedom and expression of myself healthy.
32. I know my unique individuality and can distinguish and keep out what's not me or mine.
33. I can easily differentiate which experiences are my own and which are coming from other people.
34. I can easily make up my mind.
35. It's easy for me to say "no" or "I need some time to think about it" to the desires or wishes of other's.
36. I have the ability to discover, be, and live from my true self, being aware of the inherent love, fullness and happiness of my True Self.
37. I can easily discern between appropriate behavior and inappropriate behavior.
38. I'm flexible and go with the flow of an interaction in a relationship, knowing that my inner life will provide me with a constant monitoring system for my needs and wants.
39. I always know when it's healthy, appropriate, and self-affirming to choose to help someone rather than myself.
40. I make conscious fully aware choices in my relationships and interactions.
41. I form my own opinions based on my own inner life, and I recognize others' opinions are based on their own inner lives.

42. I take responsibility for seeing that my needs and wants are met, after knowing what they are.
43. I feel healthy empathy and compassion for others without needing to feel responsible for their feelings or fix them.
44. I only ever create appropriate adult to adult connections with the other adults in my life.
45. I exercise my right and duty to set and reinforce limits with others to protect my self-esteem, maintain self-respect, and enjoy healthy mutually fulfilling relationships.
46. I listen to my gut instincts. I know my gut feelings are providing me with valuable information about what's healthy and appropriate for me.
47. I am self-trusting.
48. I'm always aware that other people create what they think and feel and are responsible for what they choose to do or not do.
49. I practice compassion with boundaries.
50. I do not take on feelings that don't belong to me. I do not take responsibility for other people's experiences.
51. I respect my time, my attention, my resources and consciously select who I share my time, attention, and resources with.
52. Asserting my boundaries is good for the well-being of others and myself.
53. I fully recognize that I can't control how other people respond or react to my boundaries.
54. I fully reclaim the emotional, physical, intellectual, and spiritual parts of myself

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Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

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