

THE 6 TYPES OF BOUNDARIES

Boundaries are expectations and needs in different areas of human experience that help a person feel safe and comfortable in their relationships. Below are six common boundary areas with examples of what they include.

Physical Boundaries

Physical body

Personal space as experienced through your senses

Preferences for respect, privacy, closeness, and touch

Material Boundaries

Treatment of possessions and property

Preferences and needs regarding possessions and property

How possessions and property are shared

Intellectual Boundaries

Preferences related to how opinions, thoughts, and conversational topics are shared and handled

Emotional Boundaries

What, where, and how much a person shares their emotional life

How your own and others' emotional needs are handled

Sexual Boundaries

How sexual matters are talked about

When, where, and how sexual material is presented

Consent related to sexual or sexually suggestive words, jokes, images, gestures, or touch

Time Boundaries

How you relate to your own and others' time

How time-related needs and preferences are handled



Boundaries Boundaries

Sebastian Brünink



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