



NEW BEGINNINGS
Counseling Group
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Identify, Clarify & Justify Boundaries

Identify:

- Where do you need boundaries? (Look at “Types of Boundaries” categories)
- Who do you need boundaries with? (spouse, extended family, children, friends, boss, church members, etc.)
- What boundaries need to be strengthened? (saying ‘no’, time management, personal space, etc.)

Clarify:

- Be specific and detailed
- Outline needs and expectations clearly
- Provide information regarding boundaries to the individuals that need to respect these boundaries

Justify:

- Determine the consequences of what will happen or what you will do if the boundaries get crossed.
- Respect your boundary; follow through on the consequences you have determined related to each boundary.
 - *REMEMBER: If you don't respect your own boundary, how can you expect others to?*
- Identify the benefits or rewards of boundaries being respected and maintained; creates a positive outcome or positive reinforcement for staying within the boundaries set.