

Compassionate Boundary Setting to Build Compassion Resilience

Section 6

Tips for Setting Compassionate Boundaries



1. **Know what you want to say “Yes”** to in your life (values, behaviors and priorities).
2. **Be proactive.** Have “meetings” to discuss boundaries. Structure offers safety for both sides.
3. **Just say it!** Don’t make them guess. Use simple and direct language.
4. Reinforce by pointing out the violations **IN THE MOMENT.**
5. **Give explanations that are specific,** relevant to the other person, and offer shared solutions.
6. **Back up your boundary with action.** If you give in, you invite people to ignore your needs.
7. **Remember your locus of control.** Boundaries aren’t about perfection. When you must say “yes,” look for where you have control.