

Setting Healthy Boundaries

Summary and References Page

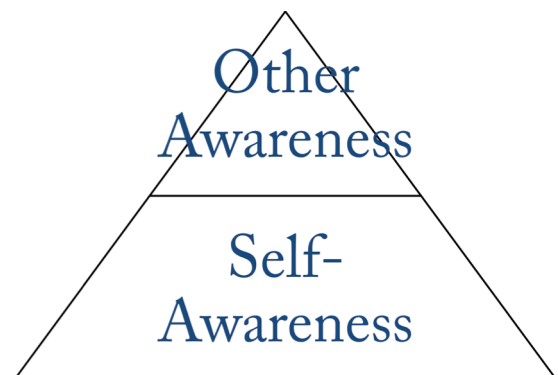
Parenting Styles relate to Boundary Styles

Dimensions of Warmth and Discipline	High Warmth/ Responsiveness	Low Warmth/ Responsiveness
High Discipline/ Demandingness	Authoritative Parenting Style	Authoritarian Parenting Style
Low Discipline/ Demandingness	Permissive Parenting Style	Dismissive Parenting Style

High warmth, care, responsiveness, along with strong boundaries (e.g., the authoritative style) ideal for building authentic relationships with adolescents

TAP Method for in-the-moment mindfulness

- T.** take a breath (pause, be mindful)
- A.** acknowledge: how you feel in the moment and that a boundary needs to be set
- P.** proceed with setting the boundary



How do I set healthy boundaries?

First, know what you're asking for

1. **Engagement:** to be fully engaged in what content
2. **Non-disruptiveness:** to stop being disruptive
3. **Non-violence:** to not be verbally or physically violent

Then, use the below 3-step method

- 1) Practice **TAP** to manage your own experience
- 2) Use non-attacking language (**respectful tone, start with a question** rather than a demand)
- 3) After question, **set boundary and disclose here-and-now feelings if appropriate** (and thank youth if boundary is adhered to)

References

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