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CREATING HEALTHY BOUNDARIES.

A GUIDE FOR CAREGIVERS

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“Nothing is sustainable without boundaries.”

Brené Brown



Communication is key when it comes to caring for a cancer patient. You and your loved one will need to be open and honest with each other from the start. Remember that you are both on the same team and hope for the best outcome. At some point, you will likely have disagreements and maybe even fight, but make it a priority to keep the lines of communication open and set boundaries and expectations early on to make things easier.

Setting healthy boundaries allows you to,

- Practice self-care and self-respect
- Communicate your needs
- Make time and space for positive interactions

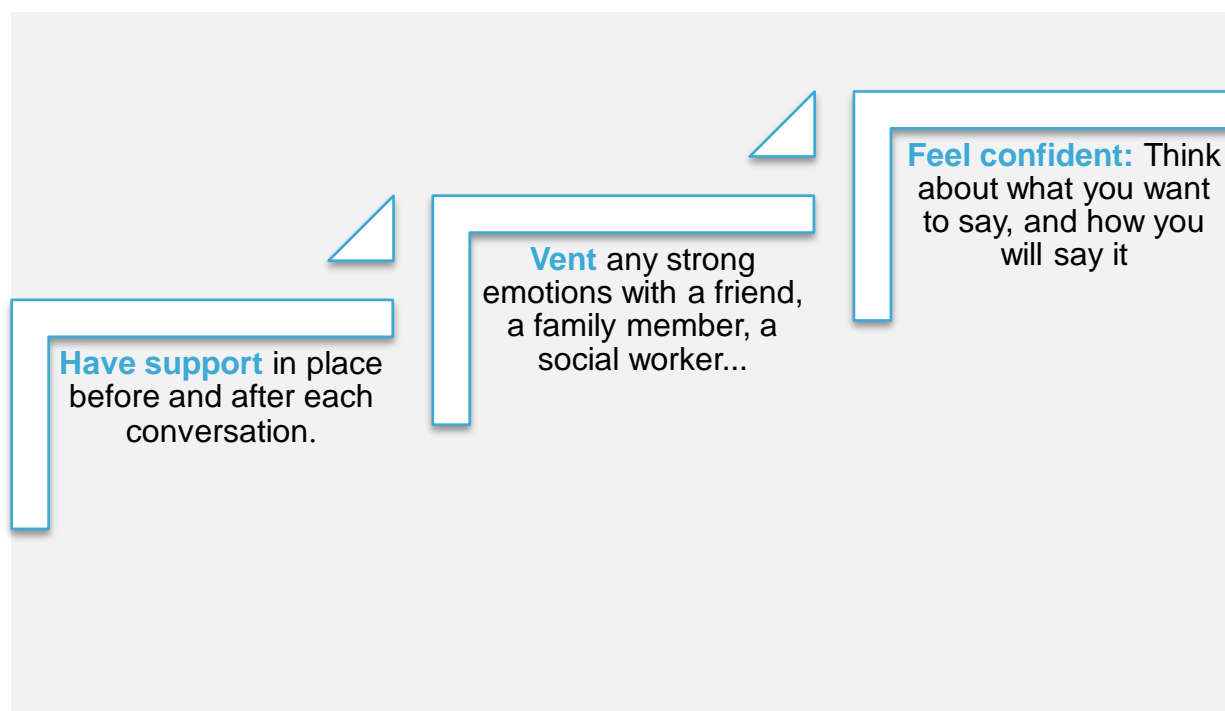
How to Set Personal Boundaries

1. Identify

What are three boundaries that you would like to hold for yourself?
This can be anything (i.e. more me time, privacy, say no...)

1. ..
2. ...
3.

Learning to set healthy boundaries it's a process. At first, you will probably feel selfish, guilty or embarrassed. It takes practice and determination. So **before** having your boundary conversation with your loved one(s), you may want to consider:



2.Say what you need

Express yourself clearly, calmly, firmly, respectfully and in as few words as possible.

I'm not comfortable with...

I can't do that for you...

This doesn't work for me...



- Be respectful
- Face the other person, make eye contact.
- Used a steady tone of voice
- Be firm, gracious, and direct
- Explain the problem based on the impact it has on you
- Listen

3.Act

Back up your boundary with action. Stay strong. If you give in, you invite people to ignore your needs.

“An intimate relationship is one in which neither party silences, sacrifices, or betrays the self and each party expresses strength and vulnerability, weakness and competence on a balanced way”.

H. Lerner

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