



Helpful Tools for Boundaries

- **What Are Boundaries?**

Boundaries are the limits and rules we choose to set for ourselves around what we are and aren't comfortable with in order to protect our well-being.

- Healthy boundaries help us feel safe, valued and respected
- Without them, we may feel overwhelmed, taken for granted, resentful or burnt out

- **To strengthen your boundaries:**

- Identify and communicate your personal limits and needs with clarity and compassion (e.g., *'I need...'* *'I'm not okay with...'*)
- Practice saying "no" (or "not now") while being kind and firm
- Identify your boundaries and take baby steps to reinforce them
- Stay consistent and use supportive language (*'I' statements help*)
- Trust your instincts and feelings—prioritise your wellbeing
- Take time for yourself and set limits on how much you give


- **What boundaries are not:**

- They are not selfish: setting boundaries is an act of self-care, not selfishness.
- They are not walls: sometimes you need to shut people out and that's okay—especially if they disregard, ignore, or harm you. However, too-high boundaries can be problematic. Boundaries are doors: you get to choose who comes in and when.
- They are not set in stone: boundaries can be adjusted as needed



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Navigating Narcissistic Personality Disorder (NPD)

• Understanding NPD

- NPD is a complex mental health condition marked by persistent patterns of grandiosity, lack of empathy, and a need for admiration.
- Education is key to recognising narcissistic behaviours and protecting your well-being.

• Staying Safe

- Dealing with a narcissistic individual can be challenging. Safeguard your emotional and physical safety by setting clear boundaries, seeking support, and trusting your instincts.
- Therapeutic support can provide tools and guidance.

• The Grey Rock Method

- The Grey Rock Method is a technique to reduce attention to emotional manipulation.
- By becoming emotionally unresponsive and “boring” like a grey rock, you make yourself less interesting to provoke.



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