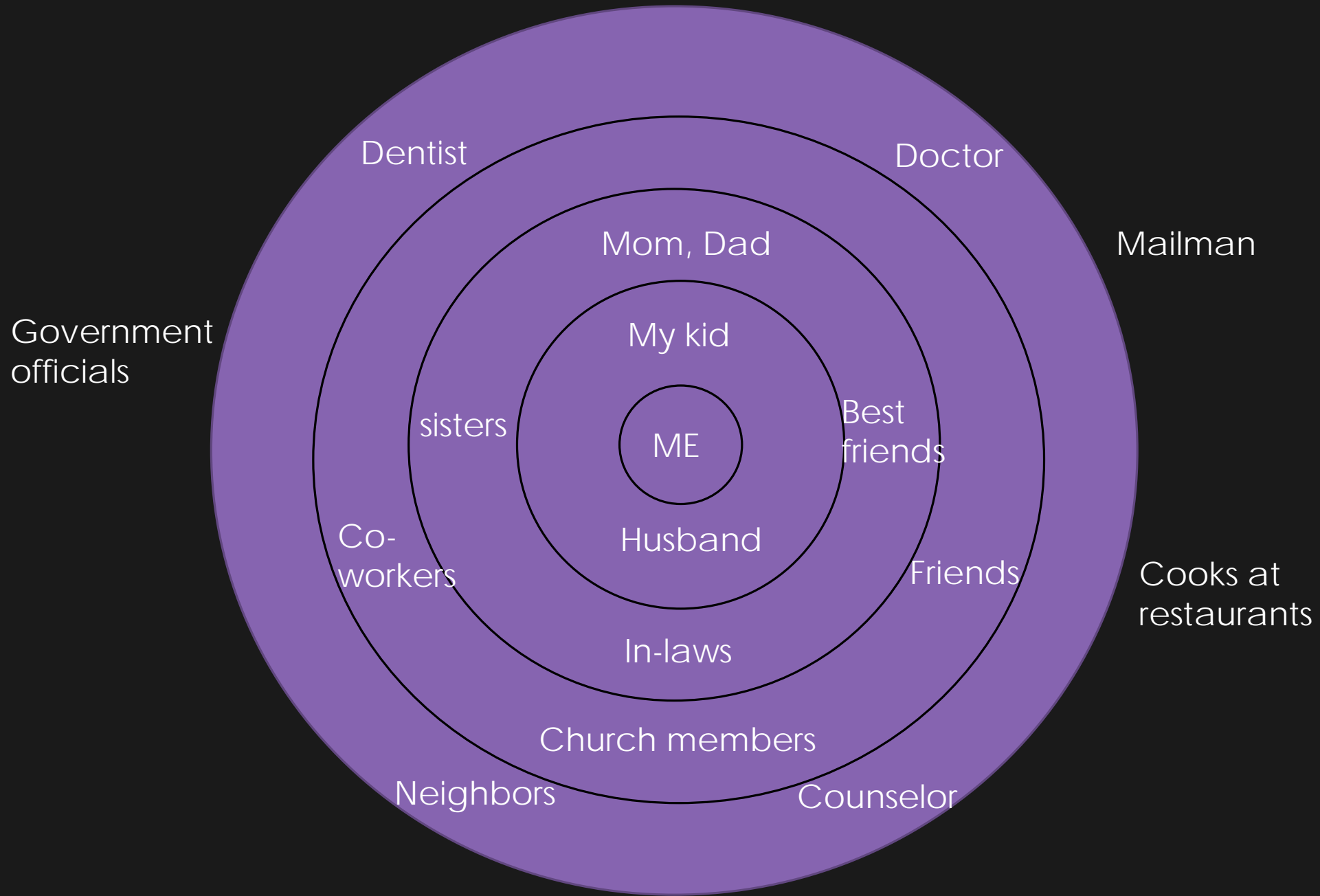


Boundaries and Communication

Alli Faucher, LPC

Stephanie Hunter, behavior specialist



Types of Boundaries

- Physical: personal space, hug, kiss
- Emotional: stories, feelings
- Time: on the phone, in person, doing an activity, work vs. play
- Thinking: what you read/watch on TV
- Moral: beliefs, right and wrong, decision making





aggressive

- Closed boundaries
- Avoids close relationships
- Does not ask for help
- Does not share anything personal

assertive

- Healthy boundaries
- Takes care of self
- Is willing to share appropriately with others
- Can communicate needs and feelings

passive

- Open boundaries
- Hard time saying "no"
- Overshares personal information
- Overly concerned about what others think
- People pleaser

Assertive Communication Formula

I feel _____ EMOTION

when you ~~you~~ _____ OBJECTIVE SITUATION

and I would like _____ NEED/REQUEST

United Caregivers Needed!

- Parents and caregivers need to be on the same page
- Consult each other
- Avoid “rescuing” each other
- Use code words like “I think you left your lights on”

