



Your Daily Practice

Episode 14

How to Set Boundaries and Find Peace with Nedra Tawwab

What does it mean to have healthy boundaries? The intention of setting boundaries with people is to restore, preserve, and protect relationships. How do you start small with the practice of setting boundaries in the relationships in your life? In today's daily practice, you will start with setting one small boundary and noticing what comes up for you in terms of thoughts or emotions during the experience. When we set boundaries, we are taking a step towards peace in our lives.

Steps to Setting a Small Boundary:

- Step 1.** Think of a small boundary you want to set.
- Step 2.** Notice any discomfort or anxiety that comes up for you.
- Step 3.** Notice any excuses your mind comes up with.
- Step 4.** Use the stems: "I need..." "I want..." or "I expect"
- Step 5.** State the boundary even with your mind's talk and discomfort.