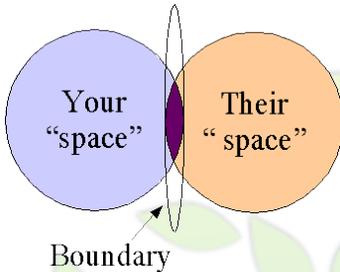


Personal Growth Series

Brought to you by SUTD Wellbeing Services

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



You best teach others about healthy boundaries by enforcing yours. *Bryant McGill*

Tips on how to develop healthy boundaries more effectively:

- ❖ We first recognise our own boundaries by asking ourselves what are our personal values that serve as our life's guiding principles. These will influence the way we conduct our daily affairs, as well as the way we interact with others.
- ❖ We then communicate our values to others verbally and through the way we behave. Essentially, we are presenting what we deem as permissible, acceptable and comfortable to us. These could be anything from physical proximity to the use of language to sharing of personal thoughts, feelings and even gifts and properties.
- ❖ In cases where our values differ from someone else's, the ability to negotiate and respect the difference will be important. Nevertheless, asserting our boundaries is important to our general wellbeing, including our personal safety. It may be necessary to seek help if we deem that our boundaries have been compromised.

Just as lines were drawn between nations and territories as rights of absolute independence and autonomy, similarly, lines that serve as boundaries need to be clearly defined between individuals, whether they're family, friends, colleagues or even strangers.

These boundaries have protective factors as they communicate our personal values and beliefs. Blurring or crossing these lines may have detrimental effects as the affected parties may feel that their rights have been violated.

No one likes it when his or her physical or emotional space is being intruded. Thus, respect for one another's personal space and autonomy is necessary for healthy ties to thrive.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

