

You have a right to your boundaries.

Others have a right to choose how to respond to your boundaries.

How To State a Non-Negotiable Boundary:

I want/value/expect ...

If you ... I will

Examples:

I value and expect us both to honor our agreement to keep our relationship monogamous and faithful.
If you have sex with a prostitute again, I will leave this relationship.

I expect to be treated with dignity and respect, even when we disagree about something. If you call me names or swear at me again, I will walk away from this conversation and continue it with you once you've expressed regret and calmed down.

Practice:

I (want/value/expect) _____

If you _____

I will _____

I (want/value/expect) _____

If you _____

I will _____

I (*want/value/expect*) _____

If you _____

I will _____

Non-negotiable boundaries are relationship deal-breakers. Only you can decide what those lines in the sand are, for you. Whatever you decide is legitimate, for you.

Then, you let people know your terms of engagement, and what you will do for your own self-care in the event that they make particular choices.

When we are coming from authentic personal power, our intention is one of self-protection and self-care. We are honoring our limits, thresholds and capacity and depend upon ourselves to caring for us.

Ultimatums and demands are different: they are a toxic form of power-over, and are used to attempt to create external conditions in which we believe we will never have to feel hurt, betrayed, afraid or vulnerable, because we feel dependent on someone else for our well-being.