

Physical

"Don't insult me."

Verbal

"I need this room for work."

Sexual

"I'm not comfortable doing this yet."

Intellectual

"Difference of opinions is OK."

Types of **Boundaries**

Expectations

"I don't think I can do this for you."

Emotional

"I'm not in the headspace. Can we talk later?"

Time

"I already have plans for today."

Financial

"I don't want to spend money on that."