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Setting

Boundaries

What are boundaries, why are they important and how can I communicate them?



During the holiday season, we may see our family, friends and acquaintances more often, so setting boundaries is important to balance time with others and ourselves.

What are boundaries?



Boundaries are clear guidelines of what behaviours are acceptable or unacceptable to you. Communicating your boundaries is important to maintain healthy relationships.

Types of boundaries

In healthy relationships, both people:

- ask for consent
- are mindful of each other's feelings
- show gratitude
- are honest with each other
- respect each other's choices and individuality
- respect each other's space
- allow for differences in opinion, perspective and feelings
- make an effort to listen and understand
- are accountable for their actions

How to communicate your boundaries?



- **Choose the right time**

Make sure both of you are in the right headspace to have the conversation. Tired or grumpy people may be impatient or less open to listening.

- **Be clear**

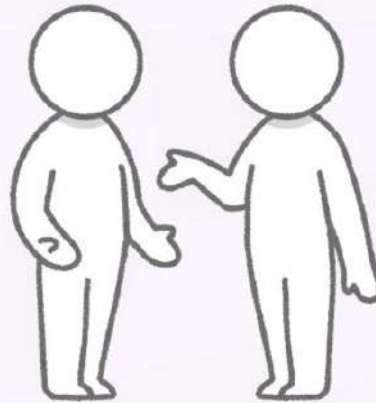
Clarify what you want to say before having the conversation to prevent miscommunication.

- **Communicate kindly**

Avoid lashing out. Assertive communication is being firm, not aggressive or avoidant.



Types of communication



- **Passive Communication**

This occurs when a person prioritises others' needs, wants and feelings over their own, often leading to being taken advantage of.

- **Aggressive Communication**

This happens when a person places their own needs, wants and feelings above others', ignoring or disregarding the other person's feelings.

- **Assertive Communication**

This emphasises the importance of both people's needs. The person stands up for their own needs, wants, and feelings, but also listens and respects the feelings of others.



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If you need professional support,
counselling provides safe space to
process what you are going
through.



Operation hours:

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