

# BOUNDARY BUILDING IN COMPLEX RELATIONSHIPS

Let's practice ...

## Step 1: Developing Boundaries

*"Pouring the foundation"*

## Step 2: Setting Boundaries

*"Erecting the structure"*

## Step 3: Maintaining Boundaries

*"Keeping it organized"*



BOUNDARY  
BUILDING IN  
COMPLEX  
RELATIONSHIPS

 Things to remember ...



You are worthy of  
having inner alignment



You are only one  
person and cannot  
meet all the needs of  
another



It is KIND to be  
CLEAR



Set boundaries you are  
prepared to follow  
through on



It is okay to  
repeat yourself



It is okay to change  
your mind or refine  
your boundaries



Other's feelings about  
your boundaries are  
not what determines  
the worth of those  
boundaries



I want to remember...

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## Resources to Support You



*Drama Free: A Guide to Managing Unhealthy Family Relationships*, by Nedra Glover Tawwab, 2023.

*Setting Boundaries with Your Adult Children*, by Allison Bottke & Carol Kent, 2019



[Living Room Learning Youtube Channel](#) - videos about family mental health

Online courses: [10 Strategies for CoRegulation](#)  
[CBT for the Family, for families with anxious children](#)  
[Trauma Attuned Parent](#)



[Parenting in the Trenches Podcast](#), with Karen Peters

[Caregivers Out Loud Podcast](#), by [Family Caregivers of BC](#)

[Creating a Family Podcast episode on Kinship Caregiving](#)



[Living Room Learning Newsletter on family mental health topics](#)

[Birth and Foster Parent Partnership: A guide to building relationships](#)



[FamilySmart](#): Peer support for caregivers with children who have mental health struggles

Caregiver consultation and coaching sessions, [karenpeters@thrive-life.ca](mailto:karenpeters@thrive-life.ca)