



Setting Boundaries

Ideas from the Aphasia & Wellness Program September 2026

Boundaries are our personal rules and limits that make us feel safe and comfortable.

You can set or change boundaries with anyone at any time.

You can also set them for yourself. Some examples we talked about are:

- Taking a nap
- Eating meals
- "Worry time"

Examples of **words and phrases** that set boundaries:

- "No."
- "Don't do that"
- "That's a boundary for me."
- "Please don't finish my sentences."
- "I need to rest."
- "Please don't overschedule, because it makes me tired"



Examples of **gestures** that set boundaries:

- Shaking your head no.
- Putting your hand up in front of you.
- Thumbs down.



Examples of **written** boundaries:

- Put up a "do not disturb" sign
- Use the "Do Not Disturb" / Focus feature on your phone
- Send a text or email, or write on a post-it note

