

# RESPECTING PEOPLE'S BOUNDARIES

Nine Tips for Improving Interpersonal Communication



RosewoodRanch.com 800.845.2211



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CENTERS FOR EATING DISORDERS

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**D**ear Friends,

Research and clinical experience tells us that healthy boundaries are necessary for recovery from

eating disorders and addictions, while unhealthy boundaries perpetuate these illnesses. It is through a well-developed boundary system that an individual finds their identity or sense of self. In turn, this sense of self-identity allows a person to clearly create boundaries around what is and is not acceptable in their lives, from others, and in their own behavior.

A crucial part of a healthy boundary system is the ability to recognize and respect the boundaries of others. We hope that this tip sheet helps you in that regard, and we encourage you to print and share this flyer with others.



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Please feel free to copy, print, or electronically distribute these handouts as you see fit, including bulletin boards, emails, discussion forums, at meetings, or in the class room.

**GET THE ELECTRONIC VERSION OF THIS GUIDE AT**  
**[RosewoodTempe.com/Respecting-Peoples-Boundaries/](http://RosewoodTempe.com/Respecting-Peoples-Boundaries/)**



# WAYS TO RESPECT BOUNDARIES

1. When you remind yourself what your rights are, remember that they are also the rights of other people.
2. Remember that the other person has the right to be different from you and that does not make them better or worse, just different.
3. If you are not sure of the other person's perception of a situation, or even if you think you are sure, ask them. Don't assume you know what they are thinking and don't tell them what their reality is.
4. Remember that the other person has the right to not be involved in a recovery/healing process.
5. Remember that the other person has the right to have his/her feelings about your behavior and especially your new behaviors. Their responses are also not a statement that you should not be doing what you are doing.

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# WAYS TO RESPECT BOUNDARIES

6. Practice balancing what you want and need with what the other person wants and needs.
  7. Respect the other person's right to not want to discuss something with you.
  8. Don't use your new found recovery-focused knowledge to inform other people of how sick they are.
  9. If you are getting consistent feedback from the other person that you are being difficult to deal with, rather than simply dismissing it as their stuff, check it out with a healthy friend.
- “Our goal is to help Rosewood clients identify and address core issues that underlie boundary problems, and to practice healthy boundary setting so that the client can become recovery focused.”

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# ABOUT ROSEWOOD

## WHY WE ARE UNIQUE

Rosewood is the only eating disorder treatment program for men, women, and adolescents to offer a complete range of care for all stages of recovery, from the most serious cases, to residential and inpatient hospitalization, to transitional and outpatient services.



## WE ARE ACCREDITED

We are accredited by the joint commission, and accredited by, or a member of many respected organizations within the industry.

## WHY CHOOSE ROSEWOOD

Rosewood treats the full continuum of eating disorders including Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, as well as co-occurring addictions and disorders. Our complete care program offers our patients the best possible chance for success and lifelong recovery. We understand the intricate medical, emotional, and psychological complications associated with someone with an eating disorder. Our well-established model of care, experienced multi-disciplinary staff, and intimate warm setting make Rosewood uniquely qualified to effectively treat men, women, and adolescents struggling with eating disorders.

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