ADULTS | EDUCATIONAL GUIDE

Emotional Boundaries vs. Emotional Walls



WHAT THIS IS

A boundary says, "This is what I need to feel safe, and I stay connected." A wall says, "I keep everyone out." Boundaries protect connection. Walls prevent it.

HOW TO USE IT

1. Notice when you withdraw.
2. Ask: am I protecting or hiding?
3. Practice one boundary sentence.

EXAMPLE

"I told my friend I needed a quiet evening, and asked to talk tomorrow."

Emotional boundaries

- Flexible and selective
- Clear, calm communication
- Allow closeness and safety
- "I need time, and I'll be back."

Emotional walls

- Rigid and all-or-nothing
- Avoidance or shutting down
- Keep people out, including safe ones
- "I'm fine. Leave me alone."

Reflect

Where do I have a wall that may no longer be needed?

Where do I need a clearer boundary?

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