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Establish boundaries in relationships

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THE role of healthy boundaries in the context of relationships is often underemphasized, yet its importance in contributing to the success of interpersonal relationships cannot be overstated.

Understanding and implementing healthy boundaries – which involves defining personal comfort zones, effectively communicating them to one's partner, and respecting these agreed limits – can significantly enhance trust, prevent over-attachment and encourage individual growth in relationships.

Firstly, it is vital to understand boundaries and how they differ from barriers.

While barriers serve to disconnect and isolate individuals, boundaries are quite the opposite.

They function as guidelines for interaction, forming the rules of engagement that demarcate what is acceptable and what is not within the relationship dynamic.

In essence, boundaries help to define the identities of individuals within the relationship, outlining where one person ends and the other begins.

The process of setting healthy boundaries commences with self-awareness.

This requires introspection and a deep understanding of a person's comfort zones and limitations.

Aspects that one might consider include personal space and privacy, time spent together versus time spent apart, the extent of emotional sharing, social interactions with others outside the relationship and so forth.

Understanding these elements is key to identifying where lines need to be drawn.

Communication is the next step in this process and is arguably one of the most critical aspects.

Once the boundaries are identified, they need to be communicated effectively to the partner.

This needs to be done clearly, directly and respectfully.

The communication should ideally be openended, allowing for ongoing conversation, understanding and adjustment of boundaries based on the comfort levels of both parties involved.

However, setting boundaries is not a onesided affair.

As much as it is essential to establish personal boundaries, respecting the limits set by one's partner is equally important.

Understanding that every individual is unique, with their own sets of needs, comfort levels and personal preferences, is crucial to this process.

Mutual respect for individual boundaries forms the foundation of a balanced and healthy relationship.

The establishment of boundaries is instrumental in creating balanced dynamics within relationships.

By ensuring that neither party has overwhelming control or influence over the other, boundaries promote a sense of equality and mutual respect.

Recognising and honouring each other's boundaries necessitates acknowledging each other's individual needs, desires and preferences, fostering a deep understanding.

Healthy boundaries also play a significant role in preventing over-attachment in relationships.

They enable individuals to maintain their separate identities and continue their personal growth despite being part of a couple.

It is important to remember that a relationship should supplement an individual's life, not become the entirety of it.

Boundaries help maintain this individuality and personal space, allowing for personal development along with growth as a couple.

Moreover, respect and adherence to set boundaries foster trust in relationships.

When partners respect each other's boundaries, they communicate their understanding and consideration for each other's personal needs and space. This understanding and mutual respect naturally build a sense of safety and trust, enhancing the relationship's emotional bond and stability.

In conclusion, establishing healthy boundaries is not a hindrance to building close relationships; instead, it forms an essential building block.

The valuable rewards of setting boundaries are the ability to maintain individuality, foster trust, and provide a secure environment for mutual growth and respect.

Like any other skill, this process takes practice and necessitates open and honest communication.

However, the effort invested in this process is a worthwhile investment that can significantly enhance the quality and longevity of the relationship.