

SETTING BOUNDARIES WITH ADULT CHILDREN

Boundaries define how we'd like to be treated by others. Think of them as guidelines that keep our relationships in check. Healthy boundaries keep our relationships safe, comfortable, and fair.

SIGNS IT'S TIME TO SET HEALTHY BOUNDARIES

- You feel triggered
- You feel emotionally exhausted
- The relationship feels one-sided
- You feel used or taken advantage of
- You feel strong reactions to someone
- You feel like you're walking on eggshells
- You feel there's been a violation of your time, space, or privacy
- You're putting in more energy or time than what you're comfortable with.

BOUNDARIES GUIDE RELATIONSHIPS

When your children grow up, it's natural for your relationship with them to change. As our relationships change, our responsibilities to our adult children change, too. Boundaries can guide us along the challenges of evolving relationships with adult children.

EXAMPLES OF HEALTHY BOUNDARIES

- Clarifying where you want to live
- Clarifying the level of caretaking you prefer
- Stating that you want to make your own decisions
- Asking that they only offer advice when you ask for it
- Requesting they let you know in advance before visiting
- Setting a limit on how much you'll financially support them
- Outlining a schedule of when you're able to take phone calls
- Speaking up about what behaviours make you uncomfortable
- Establishing your availability for childminding and other assistance
- Arranging legal documentation for significant financial arrangements.



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