



Emotional Boundaries

Does saying, “no” make you feel guilty, or are you inclined to please others? Do you feel like you have no privacy or independence? Are you always giving to others without considering your own needs? Or, are your decisions guided by the needs of others? These questions symbolize the challenges some may face in setting healthy emotional boundaries.

The multiple relationships encountered as a graduate student can feel overwhelming. You may feel pulled to listen to a family member or obligated to always comply with your supervisor’s requests. The emotional costs of managing these demands can be taxing and leave you feeling exhausted, drained or even resentful at times. Setting emotional boundaries allows us to shield ourselves from being overburdened and helps give us permission to place our needs first.

Emotional boundaries can provide a framework for:

- naming and taking ownership over our emotions and identity,
- separating what we feel from what others feel,
- and feeling more empowered.

Healthy emotional boundaries prevent us from:

- feeling responsible for what others feel,
- inappropriately accepting blame or blaming others, and
- feeling overwhelmed by our reactions to the thoughts, feelings, and expectations of others.

Unhealthy emotional boundaries may be apparent when you continue to feel emotionally exhausted or burnout. Setting expectations of what you can and can’t accept from others in addition to clarifying your own needs for self-care can increase self-esteem and reduce stress.

The Counseling Center

www.loyola.edu/counselingcenter/graduate_students

To make an appointment or for more information about our services call: **410-617-CARE (2273)**

Where to find us: Stop by our office in Humanities Center 150, on the Evergreen campus

