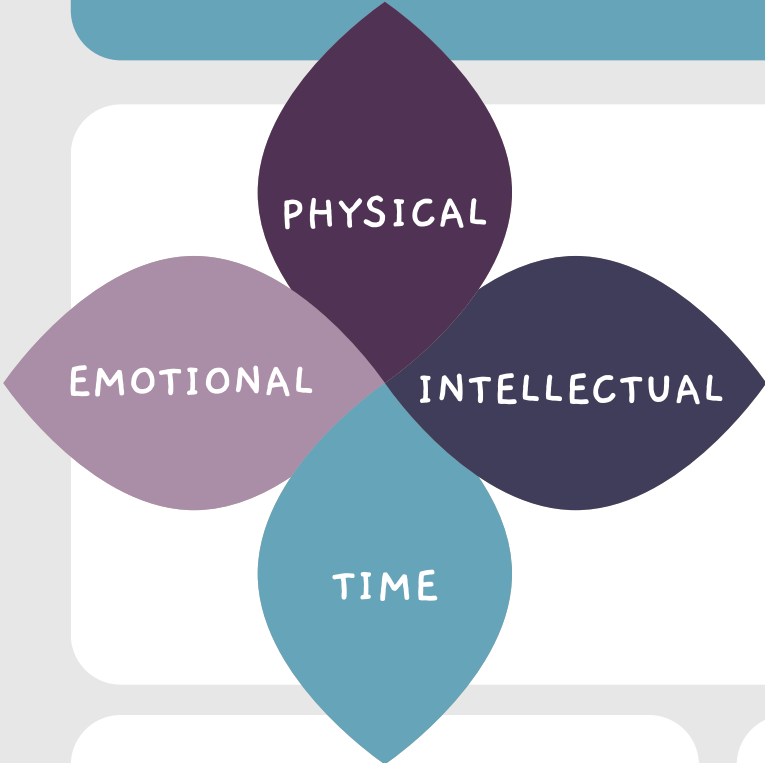




# 5 TIPS TO SET

# HEALTHY ADHD BOUNDARIES



## Boundary Types



### 1 SHOW EMPATHY

Being empathetic and compassionate to others will prevent them from misinterpreting your new boundaries.



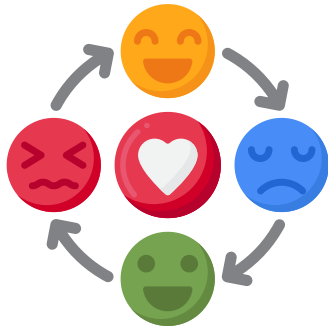
### 2 EXPLORE YOUR NEEDS

Recognizing your own basic human needs will help you create boundaries to protect yourself.



### 3 SELF FOCUS

Focus on your needs when expressing boundaries to others. This will help them feel less blamed and therefore less defensive.



### 5 ANTICIPATE TRIGGERS

Prepare for stressful situations and rehearse how to intervene and mitigate the fallout before it happens.

### 4 CLEAR COMMUNICATION

Be clear about your needs and communicate them. Avoid trying to appease others at the expense of meeting your own needs.

