PSYCHOEDUCATION / CLIENT HANDOUT

Boundaries, Support and Healthy Relationships

Supportive relationships make room for differences

A healthy relationship does not require constant agreement. Reciprocity, respect for preferences, meaningful repair, privacy, and the ability to express needs without intimidation are important signs of relational wellbeing.

A boundary can concern how you spend time, what contact you choose, or what support you seek. It does not always need to be stated aloud, particularly if confrontation could create risk.

Support may come from friends, community groups, culturally relevant resources, healthcare, legal information, or specialized violence services. You can choose what to share, when, and with whom.

QUESTIONS YOU MAY WANT TO CONSIDER

- [ ] Can I disagree without being intimidated?
- [ ] Who helps me feel respected?
- [ ] Which choice would support my wellbeing?

NEXT RESOURCE: Try Worksheet 06: Boundaries, 10: Supportive Relationships, and 11: Support Map.

Suggested reading: Durvasula, R. (2023). Dynamics of Narcissistic and Antagonistic Relationships. PESI training materials. | Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials.