

10 Way to Build and Preserve Better Boundaries

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Resentment usually “comes from being taken advantage of or not appreciated.” It’s often a sign that we’re pushing ourselves either beyond our own limits because we feel guilty (and want to be a good daughter or wife, for instance), or someone else is imposing their expectations, views or values on us, she said.

“When someone acts in a way that makes you feel uncomfortable, that’s a cue to us they

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Also, think about the people you surround yourself with, she said. “Are the relationships reciprocal?” Is there a healthy give and take?

Beyond relationships, your environment might be unhealthy, too. For instance, if your workday is eight hours a day, but your co-workers stay at least 10 to 11, “there’s an implicit

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