

THERAPEUTIC PRACTICES FOR MENTAL HEALTH

Building Healthy Family Boundaries

Building healthy family boundaries is crucial for fostering individual autonomy, maintaining relationships, and promoting emotional well-being within the family unit. It's essential for each family member to understand what boundaries are and why they're necessary. Boundaries delineate where one person ends and another begins, both physically and emotionally.

Healthy boundaries can and should be fluid. This means that they ebb and flow based on each family system, and there isn't a right-or-wrong way to use them. However, effective boundaries are concise and defined- there isn't any "guessing" what the other person wants. Clear boundaries help individuals feel safe, respected, and understood within the family dynamic.

A few things to remember when setting family boundaries:

- **Start with your family values:** decide what really matters to you as a unit and let that guide your boundary setting.
- **Communication leads to connection:** Family members need to openly discuss their needs, preferences, and limits with each other. Remember conflict will happen, but communication through a conflict will help you connect. Instead of an obstacle, view conflict as an opportunity to understand other people's perspectives and repairing any harm in conversations.
- **Give respect for individuality:** Each family member is a unique individual with their own thoughts, feelings, and boundaries. It's important for family members to respect each other's differences and avoid trying to control or manipulate one another.
- **Lean into flexibility and adaptability:** Family boundaries may need to evolve over time to accommodate changes in circumstances, such as births, deaths, divorces, or career transitions. Healthy boundaries strike a balance between autonomy and connection, allowing for individuality while fostering closeness and support within the family.
- **There is no shame in asking for help.** In cases where family dynamics are particularly complex or dysfunctional, seeking professional guidance from a therapist or counselor can be beneficial. A trained clinician can help identify unhealthy patterns, facilitate communication, and guide the family towards establishing healthier boundaries. They can also help you to feel safe in building boundaries and supporting you through holding them.

Building family boundaries is a collaborative process that requires open communication, mutual respect, and a willingness to adapt. By establishing and maintaining healthy boundaries, families can create a supportive environment where each member can thrive emotionally and interpersonally.

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RESOURCES FOR MENTAL HEALTH

At any given time, more than 20% of Americans are struggling with their mental health. It may not be your struggle, but it affects your neighbors, family members, friends, and colleagues. Even though these challenges aren't uncommon, they can leave folks feeling isolated or without hope. We want to change that.

Nick Finnegan Counseling Center strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

Counseling can help during times of crisis but is not limited to just those moments. It can also help reduce day-to-day stress and gives you the chance to talk about what's going on in your life with someone who is professionally trained and unbiased about your situation.

Nick Finnegan Counseling Center (NFCC) a ministry of St. Luke's United Methodist Church

Make an appointment at the
Nick Finnegan Counseling Center
2714 Joanel St., Houston, TX 77027
713-402-5046



If you or someone you know is having thoughts of suicide, there is help:

Suicide & Crisis Lifeline:

- Text or call 988
- Chat at 988lifeline.org

Crisis Intervention of Houston, Inc. Hotline

- Adults: 832-416-1177
- Teens 832-416-1199 (call) or 281-201-4430 (text)