

Belonging With Room for Boundaries

Identity values and self compassion | Adults | 10 to 15 minutes

Consider how connection and personal limits can coexist in a meaningful relationship.

Community can support us, and relationships also need room for limits. Ubuntu invites reflection on our shared humanity: I am because we are. You can consider interdependence while keeping your needs, choices, and safety part of the relationship.

Notice the exchange

Choose a relationship or community. Name what you receive, what you contribute, and what feels sustainable. A boundary can describe your availability, privacy, money, physical space, or emotional capacity. It is about what you can offer or choose, not controlling another person's response.

Prepare a clear statement

Use your own voice: I care about being involved, and I can help for one hour. Or: I am not ready to discuss that. Consider timing and whether direct communication is safe. Sometimes support from another person or a change in access is more useful than another explanation.

This relationship or community matters to me because

What I can offer and what I need to protect are

A boundary statement that sounds like me is

Support I may need if my limit is not respected is