

## Boundary-setting for Resilience and Healthier Relationships

### 設定人際界限，以培養韌性和健康的人際關係

#### Don't be Afraid to Say "No"

Saying no is commonly and incorrectly associated with being selfish or callous. A "yes" will bring a smile from the person doing the asking, and a "no" will probably have the opposite effect. So, we might find ourselves saying yes when we shouldn't just to make someone else happy or to avoid conflict in the moment.

Although setting proper boundaries can feel stressful at first, over time and with practice, it can boost our resilience and promote well-being. It's not wrong to want to do things for others; but when we want to please too much, and at our own expense, good intentions can leave us feeling resentful and exhausted.

Boundaries are limits we set for ourselves to facilitate reasonable, safe, and healthy ways of interacting with others.

If setting and respecting your own boundaries is new to you, trying it can feel unnatural at first. Here are a few tips to help you learn how and when to say no.

**Decide what you need.** Imagine a compass that can point to either Yes or No. If you agree to a request, and your needle points to Yes, how does that make you feel? Anxious? If your needle points to No, how then? At ease? Take a moment to reflect before answering.

#### 別害怕說“不”

說“不”，通常被錯誤地與自私或冷酷連在一起。說出一個“是”，會讓請求者露出微笑，而一旦吐出“不”，後果往往就相反。所以，我們可能意識到自己在不該回答“是”的時說“是”，僅僅是為了取悅別人或避免當場的衝突。

雖然，剛開始設定恰當的人際界限時，會覺得壓力很大，但隨著時間的推移和實踐，它可以增強我們的韌性，促進幸福感。想為別人做事並沒有錯，但是當我們太想討好別人，而且以犧牲自己的利益為代價時，善良的動機會使我們陷入憤懣怨恨和疲憊不堪的境地。

人際界限是我們為自己設定的底線，來幫助我們們可以與他人進行合理、安全 and 健康的互動方式。

如果設定和尊重自我界限，對你來說很陌生，那麼在最初嘗試時，你可能感到有點不自在。以下列出一些技巧，可以幫助你練習如何以及何時說“不”。

**先決定自己的需要。**想像眼前有只羅盤，它可以指向“是”或“否”。如果你同意他人請求，指針就指向“是”，讓你感覺如何？焦慮不安？如果指針指向“否”，你的感覺又如何？回答之前花點時間反思。



**Set your calendar.** When filling out your calendar, map out time for personal things like chores, leisure activities, and dinners with family. Having plans can make it easier to say no without guilt when conflicting requests come in.

**Discomfort passes, but resentment can last forever.**

When someone asks you for something you can't or don't want to do, take a deep breath and remember that the discomfort of a no will pass in a moment. But, the resentment of saying yes can affect your health and well-being long into the future.

**Rehearse.** Research shows that if we prepare ourselves to give a specific answer to requests, we are more likely to honor and maintain healthy boundaries. Try practicing a polite no phrase so that it is ready when you need it. Something like: "I wish I could help with that, but I can't really take on anything else this week."

Like many healthy habits, setting boundaries takes effort at first but should get easier with practice. Invest time to build your boundary skills now and you might be surprised at how much time and effort you will gain in return.

**設置你的日程表。** 安排您的行程表時，事先規劃個人事務的時間，包括打理雜事，個人休閒活動，和家人晚餐的時間等。生活有了計畫，當突發要求與你的日程有衝突時，你會相對容易地、沒有愧疚地說：“不”！

**不適感會過去，但怨懣會永遠持續。**

當有人要你做一些你無法或根本不想做的事時，請先深呼吸一下，同時牢記這點——拒絕帶來的不適感只是一瞬間。相反，違背內心地說“是”所帶來的怨懣，會長期影響你的健康，快樂和幸福。

**練習。** 研究表明，面對生活裡這些請求，如果事先練習應對技巧，有意識地提前準備如何回座，我們可以更好地尊重和維護健康的人際界限。嘗試在腦海裡練習一個彬彬有禮的拒絕短語，以備不時之需，比如這樣的回答：「我真希望我能幫上你的忙啊。但是，這週我的事情太多已經沒有辦法再加任何活動。」

像許多健康習慣一樣，在設定人際界限的最初階段，你會覺得費勁，但實踐越多越容易。現在，投入時間來培養你的人際界限的技能吧，你可能會驚喜地發現，因此你可以省下的時間和精力實在太多了。