

The Key To Psychological Boundaries: Assertiviness and The Power of Saying “No”

GROUP:5

WHAT IS ASSERTIVENESS?

- ✓ Expressing thoughts and feelings clearly
- ✓ Standing up for your rights respectfully
- ✓ Saying “no” without guilt
- ✓ Balancing self-respect and respect for others

WHY DO BOUNDARIES MATTER?

- ✓ Protect personal time and energy
- ✓ Prevent stress and emotional exhaustion
- ✓ Support healthy relationships
- ✓ Increase self-respect and well-being

Self
LOVE

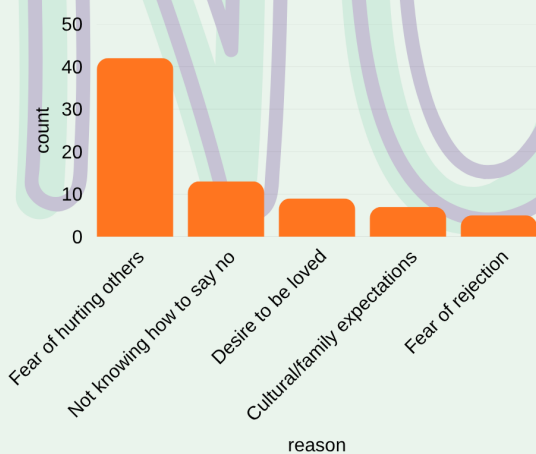
UNDERSTANDING BOUNDARIES

- ✓ Separate the self from others
- ✓ Define what is “me” vs “not me”
- ✓ Protect time, energy, and well-being
- 💡 Boundaries support autonomy and self-care

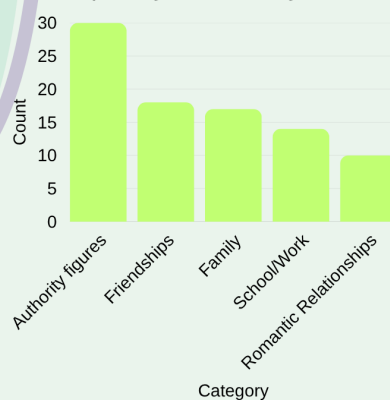
BOUNDARIES IN THE DIGITAL AGE

- ✓ Constant availability creates pressure
- ✓ Messages blur personal time
- ✓ Saying “no” protects mental health
- 💡 Not responding immediately is a healthy boundary

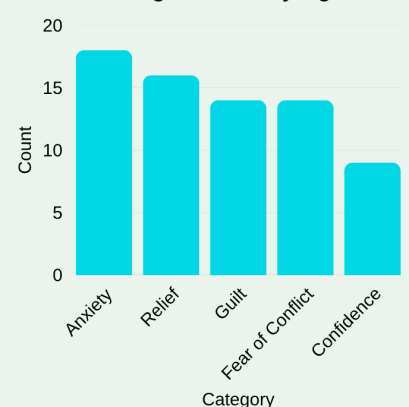
Reasons For Difficulty Setting Boundaries



Frequency of Difficulty Situations



Feelings After Saying “NO”



THE TRIPLE IMPACT

🧠 Self-Esteem

- ✓ Builds self-worth
- ✓ Increases self-respect

🧘 Emotional Balance

- ✓ Prevents emotional exhaustion
- ✓ Supports healthier relationships

🌱 Well-being

- ✓ Increases resilience
- ✓ Strengthens the ability to say “no”



Podcast



Reference

Moiseeva, N., Gantseva, E., & Lyamina, L. (2020). The phenomenon of psychological boundaries.

Pourjali, F., & Zarnaghash, M. (2010). Relationships between assertiveness and the power of saying no with mental health among undergraduate student.

👉 Clear boundaries don't harm relationships — they strengthen them.