

THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

THE ART OF SETTING BOUNDARIES

How to Protect Your Time, Energy and
Well-Being Without Guilt



ALDEN M. CORVALE

THE BETTER LIFE SERIES • BOOK TWO

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Practical Psychology for Real Life

BOOK TWO

THE ART OF SETTING BOUNDARIES

*How to Protect Your Time, Energy and Well-Being Without
Guilt*

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PUBLISHING NOTE

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This book is general educational material about everyday communication, assertiveness, personal limits, work-life boundaries and relationship skills. It is not psychotherapy, legal advice, medical advice or a safety plan.

Boundary strategies should not be used to control other people or to escalate situations involving intimidation, coercion, threats or violence. Where safety is a concern, prioritise professional support and a context-appropriate safety plan rather than confrontation.

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PREFACE

Boundaries are often described as if they were walls. That image is useful only up to a point. Walls keep everything out. Healthy boundaries are more like doors with handles on your side: they let you decide what enters, what leaves, how long something stays and what conditions make access possible.

This book is for people who say yes too quickly, explain no for too long, carry other people's emotions as personal assignments, answer messages when they need rest, or discover their limits only after resentment has already arrived. It is also for people who have swung in the opposite direction and use distance as protection even when they want connection.

The central idea is simple: boundaries are not about controlling people. They are about becoming clear about your own participation. You cannot force someone to be respectful, available, honest or reasonable. You can decide what you will do when respect, availability, honesty or reasonableness is missing.

Evidence from assertiveness training, work-boundary research and psychological detachment supports several practical themes used throughout this book: clarity helps, direct communication is learnable, recovery requires real separation from demands, and sustainable boundaries depend on context rather than one rigid rule for everyone.

Use the chapters as practice rather than theory. Try the scripts out loud. Start with low-stakes limits. Notice the guilt without automatically obeying it. Most of all, let your behaviour teach your nervous system that kindness and self-respect are allowed to exist in the same sentence.