

# THE SEXY BOUNDARIES GUIDE TO SETTING SAFE BOUNDARIES

Consider the R.O.B.E. Method as a key to protect your personal power, safety, and comfort.

Much like a Royal Robe - you're honoring your value Queen (or King) - and valuing yourself is SEXY!

## R.O.B.E.



### R = RED FLAGS

Identify red flags. Is this situation (or have there been past situations) that make you feel uncomfortable, unsure, confused, scared, anxious or uneasy?



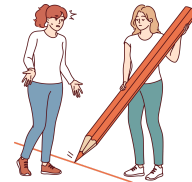
### O = OBSERVE



Observe the other person's words and actions. Observe your feelings. Trust your intuition. Your feelings are important indicators.

### B = BOUNDARY

Is this situation pushing your comfort level? Where is your line? Don't pretend to be comfortable if you aren't!!



### E = ENFORCE



You don't have to do anything you're not comfortable with! Will you say no? Call out the behavior? Leave? You don't have to explain - you may not immediately understand your feelings.

# USING THE R.O.B.E. METHOD TO CREATE BOUNDARIES

**You can create boundaries for anything!**

- Your physical self
- Your emotional well being
- Material items you own
- Your finances
- Your time
- Information you share with others
- Sexual touch and consent
- And more!



## **Example:**

In the past, if you've experienced issues with past partners yelling during disagreements. You may want to consider creating a boundary for this. Your boundary could simply be: I will not tolerate my partner yelling at me. (Or anyone else!)

## **R = RED FLAG**

You and your partner are having a disagreement and they begin yelling at you.

## **O = Observe**

Their words are harsh and their voice is much louder than it needs to be, considering the situation. Things feel extreme and you are becoming fearful.

## **B = BOUNDARY**

Your boundary about yelling is being pushed. To feel comfortable, you need to create space between you & and your partner - until you are both in a better emotional headspace, where you can discuss the situation more calmly.

## **E = ENFORCE**

You could say something like, "I know we both want to figure this out, however I will not tolerate being yelled at. If you are not able to speak to me without yelling, then I'll need to take a break. Once things are less heated, we can continue this discussion." (If you feel unsafe, just figure out a way to leave the situation as quickly as possible!)

# USING THE R.O.B.E. METHOD TO CREATE BOUNDARIES

The biggest signs that one of your boundaries is being pushed or crossed, are your feelings!

- Feeling overwhelmed
- Feeling uncomfortable
- Feeling scared
- Feeling confused
- Feeling pressured
- And more!



## Example:

In the past, when a partner became distant - you weren't really sure what to do or say. You may have even tolerated inconsistency because you didn't want to ruin anything. You may want to consider creating a boundary for this. Your boundary could simply be: I will not tolerate inconsistent behavior and communication when dating.

## R = RED FLAG

A person you have been dating has suddenly become very distant, despite things going well over the last few months. You recently asked them if anything was wrong, but their answer didn't sound very genuine. However, they have not been returning your calls or texts, even though they tell you everything is fine.

## O = Observe

Their actions are not matching their words. Plans keep falling through, and they also return your calls or text messages days later (when they used to call or text you back the same day.)

## B = BOUNDARY

Your boundaries about inconsistent behavior and communication are being pushed. To feel comfortable, you need more consistency and better communication from the other person. (Remember boundaries are about controlling yourself - not other people! If your partner doesn't WANT to do anything, you can't make them.)

## E = ENFORCE

You could say something like, "I've noticed that you have been distant lately. I really value consistency and communication from the person I'm dating. If this isn't something you are willing or able to do, I'm not sure that this relationship is a good fit for me." (Then say nothing and let them speak)