

# Download Learning To Say No : Establishing Healthy Boundaries

Gary Gilles is a Licensed Clinical Professional Counselor in private practice for over 20 years. He is also an adjunct faculty member at the University...[Read More](#) We hear the term “boundaries” applied to relationships quite a bit these days. While most people are familiar with the term, I find [To view all of Carl's YouTube videos about communication skills, click here.](#) For a related topic, please see [assertiveness](#). If you would like help in learning to establish healthy boundaries in your relationships, [online therapy](#) might be right for you. Setting boundaries is an important part of establishing one’s identity, as well as being crucial for one’s mental health and well-being. There are different types of boundaries, from physical boundaries to emotional boundaries, and there are also different levels of boundaries, from loose to rigid, with healthy boundaries falling somewhere...[Learning how to set personal boundaries is the key to Loving self and having healthier relationships with others - article by codependency therapist/inner child healing pioneer/Spiritual Teacher.](#)