

Griffith Centers

Hope & Healing Start Here

MONTHLY EMAIL NEWSLETTER



How to Set Boundaries with Family When You're Feeling Drained (Without the Guilt)

Setting boundaries with family can feel deeply uncomfortable, especially when you are already emotionally exhausted.

Many people know they need healthier boundaries with family, but guilt, fear of conflict, or long-standing family roles make it feel impossible. You might worry about hurting feelings, being seen as selfish, or disrupting the family dynamic.

Healthy boundaries with family are not about punishment or distance. They are about protecting your emotional energy so relationships can remain sustainable. This guide explains what healthy boundaries with family look like, why they feel so hard to set, and how to create them in a way that reduces guilt rather than increases it.

Here is the core answer early on: healthy boundaries with family help preserve connection by preventing resentment, burnout, and emotional overload.

What are examples of boundaries in a family?

Boundaries define what you are responsible for and what you are not.

Healthy boundaries with family can be emotional, physical, time-based, or conversational.

Examples of healthy boundaries with family include:

- Limiting how often certain topics are discussed
- Saying no to last-minute demands
- Deciding how much time you can spend together
- Protecting rest time or personal routines
- Choosing not to mediate family conflicts
- Setting limits around financial support
- Ending conversations that become disrespectful

Healthy boundaries with family are not about controlling others. They are about clarifying your limits so you can stay emotionally regulated and present.



Healthy boundaries with family are an act of care for yourself and for the relationship. When you honor your limits, you create space for connection that is grounded, respectful, and real.

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New Look, Same Griffith Centers



[Check Out Our New Website](#)

The Griffith Derby event is coming back!

CHAMPIONS FOR CHILDREN: A GRIFFITH DERBY CELEBRATION

A vibrant Derby-themed night featuring southern-style food, specialty cocktails, auctions, and stories of resilience.



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Services That Meet the Moment

At Griffith Centers, we believe that healing is possible for everyone. Our mission is to walk alongside individuals and families as they reclaim their stories, rebuild their resilience, and rediscover hope.



Therapy Services

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Hope & Healing Start Here at Griffith Centers

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