

HEALTHY BOUNDARIES

Boundaries definition

- Imaginary fences for your wellbeing
- Separate your physical space, feelings, needs, and responsibilities from that of others
- Let other people know of your expectations

Why you need boundaries

- Allow you to be your most authentic self
- Self-care
- Set realistic expectations with clear directions
- Protect you emotionally and physically
- Prevent people from exploiting you

Boundaries in dating

- Come with non-negotiables
 - Words and actions that will not be tolerated
 - Be prepared to end the relationship if non-negotiables are violated
 - Tell non-negotiables at the beginning
- Take time apart
 - Take intentional time to spend apart
 - Use that time to reflect on the relationship
 - Use that time to cultivate personal interests
- Know how and where to express yourself
 - Be kind and respectful
 - Be assertive
 - Use "I" statements
 - Pick good locations for private conversations
 - Neutral locations
 - Private locations
 - Quiet locations
 - Pick good times to have private conversations
 - Agree upon a time
 - Do not interrupt the other person's work or activities to have an impromptu private conversation
- Listen to your partner's needs
 - You are not the only one in the relationship
 - The other partner has boundaries
 - Allow boundaries to work together
 - Actively listen
 - Negotiate boundaries if certain boundaries contradict one another
 - Do not negotiate non-negotiables

Boundaries and work

- Goal
 - Set boundaries to improve work-life
- How to express boundaries to boss
 - Approach conversation as a negotiation
 - Express problem
 - Express solution (the boundary)
 - Discuss the other party's perspective

Resistance to boundaries

- Be prepared
 - Resistance types
 - The Controller
 - The Intimidator
 - The Guilt Trip
- Keep in mind
 - The problem is not you
 - Do not feel guilty for expressing your needs
 - Guilt is fear and insecurity in disguise
 - Restate boundary and why boundary is needed
- What to do
 - Resolve any misunderstandings
 - Compromise if able
 - Do not back down

Types of boundaries

- Material boundaries
- Physical boundaries
- Mental boundaries
- Emotional boundaries
- Sexual boundaries
- Spiritual boundaries

Why boundaries can be difficult

- Boundaries require you to put yourself first
- Boundaries require you to know yourself
- Boundaries require you to feel like you have rights
- Fear that boundaries jeopardize the relationship
- Boundaries take practice

How to set boundaries

- Proper mentality/motive
 - Gain respect
 - Create healthy relationships
 - NOT about control or constraint
- Define boundaries
 - Decide on your rights
 - You have a right to say no without guilt
 - You have a right to be treated respectfully
 - You have a right to put your needs on par with someone else's needs
 - You have a right to accept your mistakes and flaws
 - You have a right to reject other people's unreasonable expectations
 - Decide on your values
 - Pay attention to how you feel around other people
 - Keep boundaries flexible
- Enforcing boundaries
 - Tell people your boundaries
 - Tell people why your boundary is in place
 - Use "I" statements
 - Be assertive
 - Be respectful
 - Be prepared to enforce consequences
 - Do not state a consequence you are not willing to enforce
 - Tell people of the consequences of disrespecting your boundaries

Boundaries and family

- Boundaries and marriage
 - Purpose of boundaries in marriage
 - Set time apart boundaries
 - Set emotional boundaries
 - Set physical boundaries
 - Set sexual boundaries
- Boundaries and kids
 - Set no-go zones
 - Set boundaries in daily schedule
 - Be patient
 - Be assertive
 - Be prepared to enforce boundaries on your children

Boundaries and yourself

- Set boundaries for yourself
 - Financial boundaries
 - Health boundaries
 - Social media boundaries
 - Scheduling boundaries

Measure the success of boundaries

- Success tracking methods
 - Apps
 - Mood trackers
 - Progress reports
- Successful boundaries
 - Make you feel better
 - Make you feel happier
 - Make you feel more respected
- Unsuccessful boundaries
 - Cause no change in your mood or stress
 - Cause more stress and anxiety

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- 1.1. Imaginary fences for your wellbeing
- 1.2. Separate your physical space, feelings, needs, and responsibilities from that of others
- 1.3. Let other people know of your expectations

2. Why you need boundaries

- 2.1. Allow you to be your most authentic self
- 2.2. Self-care
- 2.3. Set realistic expectations with clear directions
- 2.4. Protect you emotionally and physically
- 2.5. Prevent people from exploiting you

3. Boundaries in dating

- 3.1. Come with non-negotiables
 - 3.1.1. Words and actions that will not be tolerated
 - 3.1.2. Be prepared to end the relationship if non-negotiables are violated
 - 3.1.3. Tell non-negotiables at the beginning
- 3.2. Take time apart
 - 3.2.1. Take intentional time to spend apart
 - 3.2.2. Use that time to reflect on the relationship
 - 3.2.3. Use that time to cultivate personal interests
- 3.3. Know how and where to express yourself
 - 3.3.1. Be kind and respectful
 - 3.3.2. Be assertive

3.3.3. Use “I” statements

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5.1.1. Resistance types

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6.1.2. Mood trackers

6.1.3. Progress reports

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7.1.2. Health boundaries

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