# BOUNDARIES

## WHAT ARE THEY AND HOW DO WE KEEP THEM?



THE Lotus PROJECT

Safety
Empowerment
Evolution
Knowledge

## BOUNDARIES SERVE 2 MAIN FUNCTIONS

1. TO TELL OTHERS HOW YOU WANT TO BE TREATED (WHAT'S OKAY AND WHAT'S NOT)

2. ALLOW YOU, YOUR OWN PERSONAL SPACE AND TO BE YOURSELF

## WHAT ARE PERSONAL BOUNDARIES?

PERSONAL BOUNDARIES ARE SIMPLY THE LINES WE DRAW OURSELVES IN TERMS OF OUR LEVEL OF COMFORT AROUND OTHERS

IT OFTEN TAKES STRENGTH AND COURAGE TO SET BOUNDARIES (BUT IT'S ALSO GOOD TO KEEP IN MIND AND REMEMBER THAT YOU TOO, DON'T HAVE THE RIGHT TO TREAD ON SOMEONE ELSE'S BOUNDARIES)

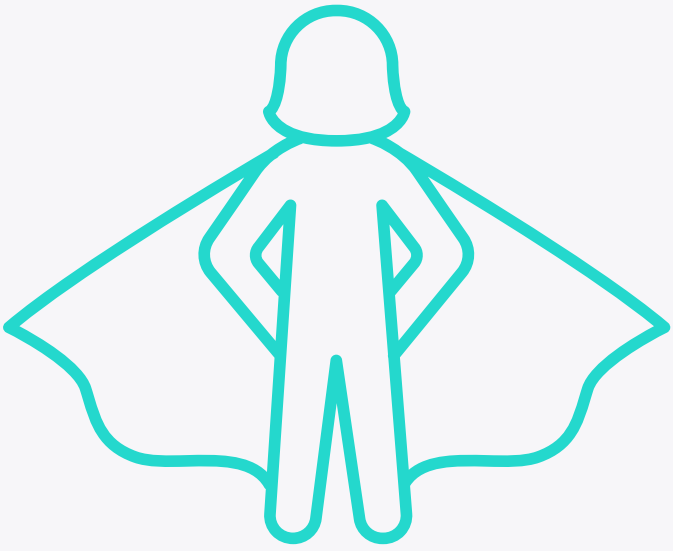
## TYPES OF BOUNDARY

EMOTIONAL (PROTECTING YOUR OWN EMOTIONAL WELL-BEING)

PHYSICAL (PROTECTING OUR PHYSICAL SPACE)

SEXUAL (PROTECTING OUR NEEDS AND SAFETY SEXUALLY)

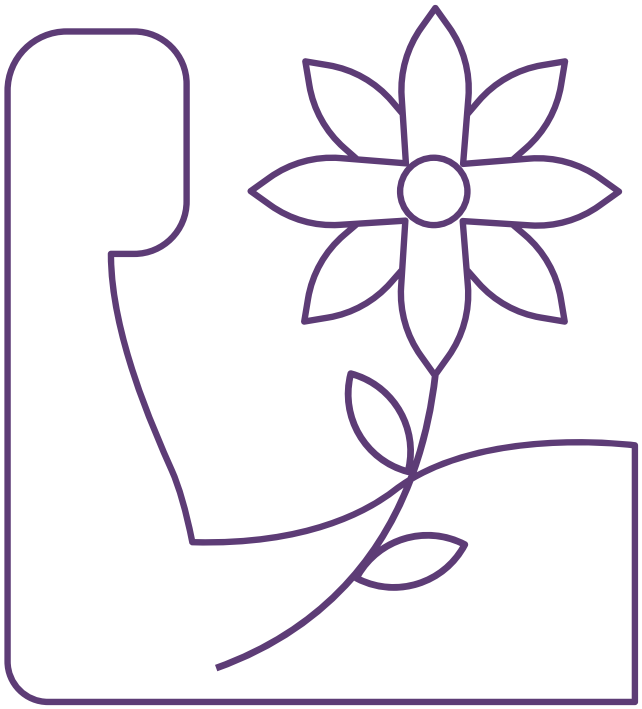
WORK (PROTECTING OUR ABILITY TO DO OUR WORK WITHOUT DRAMA OR INTERFERENCE)



## SIGNS YOU NEED TO WORK ON BOUNDARIES

- YOU FEEL RESENTFUL OF PEOPLE ASKING TOO MUCH OF YOU, AND IT SEEMS TO HAPPEN OFTEN
- YOU FIND YOURSELF SAYING YES TO THINGS YOU'D RATHER NOT DO, JUST TO AVOID UPSETTING OR DISAPPOINTING OTHERS
- YOU FIND YOURSELF FEELING RESENTFUL BECAUSE YOU ARE DOING MORE FOR OTHERS THAN THEY ARE DOING FOR YOU
- YOU TEND TO KEEP PEOPLE AT ARM'S LENGTH BECAUSE YOU ARE AFRAID OF LETTING PEOPLE GET TOO CLOSE AND OVERWHELM YOU
- YOU FIND YOURSELF FEELING THAT MOST OF WHAT YOU DO IS FOR OTHER PEOPLE - AND THEY MAY NOT EVEN APPRECIATE IT THAT MUCH

THE STRESS YOU FEEL FROM DISAPPOINTING OTHERS IS GREATER THAN THE STRESS OF DOING THINGS THAT INCONVENIENCE OR DRAIN YOU IN AN EFFORT TO PLEASE THEM



Own your POWER

## QUESTIONS TO ASK YOURSELF? – AS THESE CAN HELP YOU CLARIFY YOUR BOUNDARIES IN SPECIFIC SITUATIONS AND HELP NAVIGATE THROUGH FUTURE ONES

- IF NOBODY WOULD BE DISAPPOINTED WOULD YOU PREFER TO SAY YES OR NO?
- WOULD YOU FEEL COMFORTABLE POSING THE SAME REQUEST TO SOMEONE ELSE?
- IF PEOPLE WOULD BE UPSET WITH YOU, IF YOU SAID NO – DO YOU TRULY FEEL THAT THEY ARE COMING FROM A RESPECTFUL, REASONABLE PLACE? (AND IF NOT, MIGHT IT BE TIME TO START SETTING SOME LIMITS?)
- THINK OF SOMEONE YOU FEEL HAS VERY HEALTHY BOUNDARIES – THE KIND YOU WOULD LIKE TO COPY – HOW DO YOU THINK THEY WOULD RESPOND IN THIS SITUATION?
- IMAGINE THE RESULTS A YEAR FROM NOW? DO YOU THINK IT WOULD BE A BETTER SOLUTION THAN WHAT YOU HAVE NOW?

IT IS IMPORTANT TO NOTE THAT YOU WILL BE WEIGHING YOUR OWN FEELINGS MORE HEAVILY THAN THE FEELINGS OF OTHERS BECAUSE YOU MUST LIVE WITH THE CONSEQUENCES OF YOUR DECISIONS/CHOICES

# WHAT BOUNDARIES DO YOU NEED?

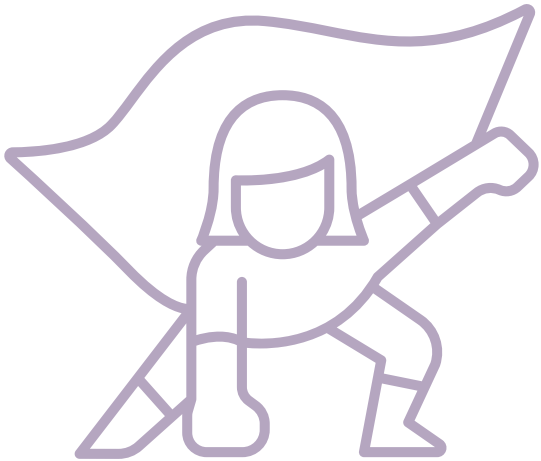
THINK ABOUT THE AREAS OF YOUR LIFE WHERE YOU ARE EXPERIENCING PROBLEMS

**EMOTIONAL BOUNDARIES** – ALLOW US TO CREATE EMOTIONAL SAFETY BY REPECTING EACH OTHER'S FEELINGS FOR EXAMPLE:
NOT OVERSHARING PERSONAL INFORMATION THAT IS INAPPROPRIATE FOR THE NATURE OR LEVEL OF CLOSENESS IN THE RELATIONSHIP

**PHYSICAL BOUNDARIES** – PROTECT YOUR SPACE AND BODY, YOUR RIGHT NOT TO BE TOUCHED AND TO HAVE PRIVACY. PHYSICAL BOUNDARIES TELL OTHERS HOW CLOSE THEY CAN GET TO YOU AND WHAT KIND OF PHYSICAL TOUCH IF ANY IS OKAY
HOW TO BEHAVE IN YOUR PERSONAL SPACE. A PHYSICAL BOUNDARY CLEARLY DEFINES THAT YOUR BODY AND PERSONAL SPACE BELONG TO YOU

**SEXUAL BOUNDARIES** – PROTECT YOUR RIGHT TO CONSENT, TO ASK WHAT YOU LIKE SEXUALLY AND HONESTY ABOUT YOUR PARTNER'S SEXUAL HISTORY.
DEFINE WHAT KIND OF SEXUAL TOUCH AND INTIMACY YOU WANT, HOW OFTEN, WHEN, WHERE AND WITH WHOM.

**WORK BOUNDARIES** – PROTECTING OUR ABILITY TO DO OUR WORK WTHOUT INTERFERENCE OR DRAMA



# ASSERTIVE COMMUNICATION TECHNIQUES

ASSERTIVENESS IS ACTUALLY THE BALANCED MIDDLE GROUND BETWEEN AGGRESSIVENESS AND PASSIVITY

AGGRESSIVENESS – LEADS TO HURT FEELINGS AND FRACTURED RELATIONSHIPS
PASSIVITY – LEADS TO STRESS AND RESENTMENT

TAKE SMALL STEPS – THIS BUILDS CONFIDENCE AND IS ACHIEVABLE A SMALL STEP AT A TIME

CONSISTENCY – TRY TO STICK WITH IT (ROME WASN'T BUILT IN A DAY!)

COMMUNICATE – KEEP COMMUNICATING AND AFFIRMING THIS BOUNDARY AS OFTEN AS YOU FEEL NESESSARY

REMEMBER THIS WON'T HAPPEN OVERNIGHT! LEARNING TO BE ASSERTIVE TAKES TIME AND PRACTICE

PRACTICE SAYING NO – YOU DON'T NEED TO EXPLAIN YOURSELF OR WHY
USE I STATEMENTS – KEEP THEM SIMPLE AND CLEAR EXAMPLE: SAY "I DISAGREE" RATHER THAN "YOU'RE WRONG" (PRACTICE THESE AT HOME)

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