



BOUNDARIES

A FOUNDATION OF BALANCE

Healthy boundaries are a crucial component of self-care. That's because "in work or in our personal relationships, poor boundaries lead to resentment, anger, and burnout"

(Nelson, 2016).

One of the foundations of effective balance in life, is having, respecting and upholding your personal boundaries. The majority of my clients cite setting and maintaining personal boundaries as a core goal to achieve for a better and more balanced life. It sounds simple enough, doesn't it? Well, in my personal and professional experience, maintaining healthy boundaries is one of life's conundrums.

Why do I say that?

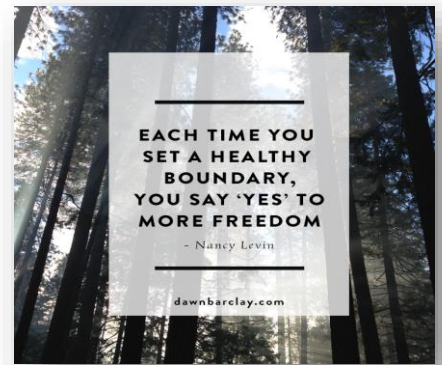
Well, we all want boundaries, however, we all also want to be liked, most of us inherently want to please those around us, and worst of all, we mostly don't even know what our personal boundaries are!

Here are my thoughts and learnings on this critical topic.



What are personal boundaries?

Boundaries are the limits and rules we set for ourselves within all relationships. It is the practice of openly communicating and asserting personal values as ways to preserve and protect against having them compromised or violated.



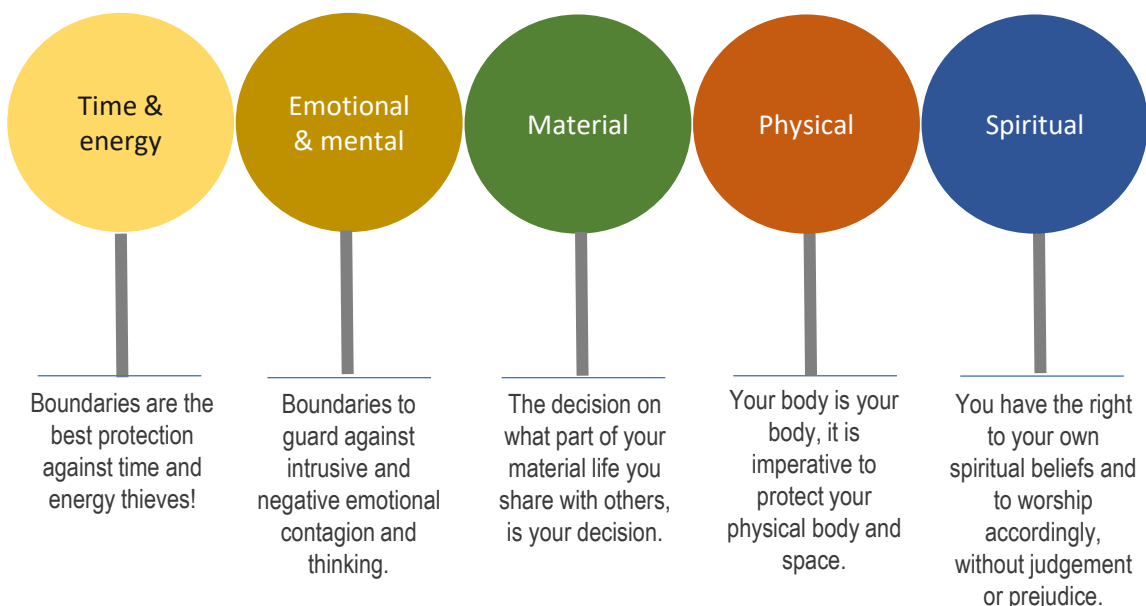
The important words we can take out of this definition are: communication and asserting personal values. Let's begin with the latter point, asserting personal values. Naturally, this leads to the core of all my coaching: **Knowing** and **understanding yourself**.

Without self knowledge, personal boundaries are impossible to attain. When this happens there is often feelings of 'being walked all over', or doing the work / tasks you constantly wish not to, or that feeling of being pushed around and possibly even disrespected and taken advantage of. There is a heavy price for this, as these personal violations against our person will constantly and consistently challenge our perception of self, our self confidence and self regard.

To break the cycle is a process and a journey. This journey requires fearless **self-reflection**, an acute **self-knowledge**, **understanding** and **self-acceptance**. It is a journey to be undertaken with constant vigilance and determination, even with the road gets rocky.

*“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”
Brené Brown”*

Types of healthy boundaries to consider



Test your boundary health

Answer these questions:

- Do you keep your distance from or avoid people and engaging in communication?
- Are you unlikely to ask for help?
- Do you avoid intimacy / close relationships?
- Do you feel detached or have you been told you can be detached?
- Are you very protective of your personal information?

RIDGID BOUNDARIES

- Do you overshare your personal information at times?
- Do you find it difficult to say 'no' to requests?
- Are you overinvolved with others' problems, even unwillingly?
- Are you dependant on the opinions of others?
- Do you accept disrespect from others?
- Do you fear rejection from others if you don't comply?

POROUS BOUNDARIES

- Do you know and live your personal values?
- Do you value our own opinions?
- Do you share appropriate information about yourself?
- Are you aware of your own needs within a relationship?
- Are you able to communicate your needs to others?
- Do you accept when others say 'no' to you?

HEALTHY BOUNDARIES

Consider your answers, if you answered yes to any of the questions consider the impact of the type of boundary you have. Most people have a mix of different boundary types for different people / situations / environments. Consider yours for the different aspects of your life.



Barriers to setting healthy boundaries:

Why do so many of us not set healthy boundaries? The answer to me, is not a simple one. There are many reasons why we have all three types of boundaries at play in our lives, and mostly the not-so-healthy boundaries of the rigid and porous variety. At the core, I believe there are two things that keenly interplay: **your sense of self and fear.**

How to set **h e a l t h y** boundaries

