

Setting Boundaries

and discovering freedom.

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WELLNESS COACH & LIFE GUIDE

Creating Healthy Habits

Wikipedia defines boundaries as guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe, and permissible ways for other people to behave around them and how they will respond when someone steps outside those limits.

Do you need to set stronger boundaries or clarify your boundaries?

Do you identify with any of these statements:

- I am not able to say 'no' to people without feeling guilty.
- I would rather go along with another person or other people than to express what I would really like to do.
- I spend my time and energy helping others so much that I neglect my own wants and needs.
- I tend to get caught up in the middle of other people's problems.

Setting boundaries that correspond with your values and sticking to those boundaries can be one of the most liberating things you will ever do. In essence, you make the statements: "What I think matters," "I am important," "My opinion must be respected." With boundaries that you value, you now have the freedom to finally be yourself without feeling the need to make excuses. No more guilt or being railroaded into making personal sacrifices such as those associated with time or money.

Now let's get busy & create some stronger freedom boundaries!

On the following worksheet, identify the violation of a current boundary. Re-establish your boundary and why it's important to you. Write down two ways you will enforce your new boundary. Reaffirm the freedom you reclaim by defending this boundary and remind yourself what you sacrifice if you don't defend your boundary!

Setting Boundaries

the worksheet

IN WHAT AREA DO I FEEL TRAMPLED ON?

Example: My neighbor asks for my help several times a week. When I am constantly running over to meet her needs, I get behind with my family duties and this causes me stress.

MY NEW FREEDOM BOUNDARY:

I value my time and will limit my service projects whereas to reduce stress on me and my family.

WAYS I WILL ENFORCE MY NEW BOUNDARY:

1. I will tell my neighbor that I will be available to help her one hour on Wednesday from 1-2PM.
2. When she tramples my new freedom boundary, I will kindly remind her that I am not available until next Wednesday on our scheduled visits.

FREEDOM I NOW ENJOY BECAUSE OF THIS NEW BOUNDARY:

I will now have time to devote to the needs of my family. I will alleviate the stress that this places on me and my family.

CONSEQUENCES FOR NOT STICKING TO THIS NEW BOUNDARY:

I will continue to be stressed out which compromises my health and the peace and harmony I desire in my home.