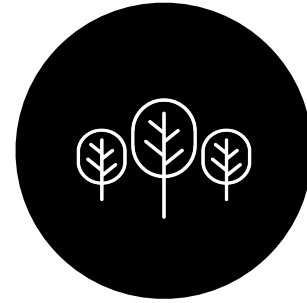


# SETTING

## Boundaries



**Exhaustion, frustration, and under-valued** may be just some of the things that you feel when a person or situation may have violated your territory. **By setting clear and meaningful boundaries** for yourself, you will **gain confidence and limit unwanted situations.**

**Y**ou are a kind person and you generally want others to know that you appreciate them, but you constantly find yourself giving up your voice, your time and your mental, physical and emotional energy in an effort to please others. You experience your energy being sucked right out of you just because you initially gave a little bit of your yourself to someone out of kindness or you held back expressing your views to avoid conflict and confrontation.

When you expose a defenseless side of you, many will begin to expect more from you or try to take more than what you are willing to give.

As a result you begin to compromise your well-being.

### ***SIGNS THAT YOU ARE LACKING BOUNDARIES FOR YOURSELF***

When you don't set boundaries, many times you begin to exhibit avoidance behaviours:

- **Ghost** certain people or groups. You cease all communication without any sort of reasoning.
- **Make excuses** to avoid telling certain people what you feel or that you don't have the time to be in their company.
- **Isolate yourself** in certain situations by keeping yourself 'busy' or occupied.
- **Anxiety** comes from a place of worry that you have let others down; therefore, you make partial eye contact and give little verbal cues.

- **Frustration** towards your friends and family. You may lash out those that are close to you because you are avoiding confronting those that drain you.

### ***WHY IS IT IMPORTANT TO SET BOUNDARIES***

In short, it's good for your subjective well-being. By setting boundaries, you're sending out a strong message about how you value and honour yourself. You are protecting your energy from leaking and keeping yourself from feeling drained.

When you don't set boundaries or set loose ones, you become an open ground for every type of situation and people to come onto 'your land' and violate your space. Having boundaries will help attract more of what you're aligned with and restrict that of which appears toxic to you.

# BY SETTING BOUNDARIES, YOU ARE SHOWING RESPECT FOR YOURSELF AND EXPRESSING TO OTHERS OF HOW YOU DESERVE TO BE TREATED

Think of it this way: the boundaries that you set for yourself will give you the necessary conditions to grow and to flourish by keeping out 'foreign invaders' that may contribute towards stunting your growth.

## **TYPES OF BOUNDARIES**

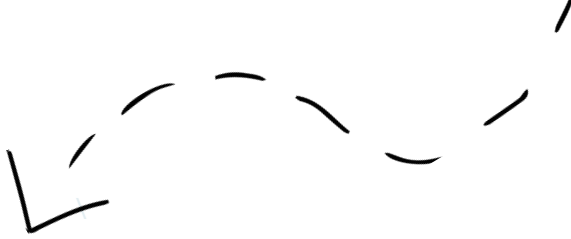
It's important to set these five types of boundaries: emotional, physical, cognitive and time.

- **Emotional boundaries** are about separating your feelings, moods and attitudes from that of others. In other words, not letting others emotions dictate your feelings.
- **Physical boundaries** allow you to communicate what level of physical closeness you are comfortable with and what you feel is inappropriate.
- **Cognitive boundaries** are for your thoughts so they don't fill you up with worries and fears.
- **Time boundaries** allow you prioritize your schedule based on your needs before taking others into consideration.
- **Professional boundaries** foster healthy relationships in the work place by establishing clarity and trust.

## **HOW TO SET BOUNDARIES**

Setting boundaries isn't as challenging as it may appear to be as long as you are clear on how you always want to feel in each moment. Follow these four simple steps to set effective and self defining boundaries for yourself:

1. Write down **three feelings that you constantly want to feel in every moment of each day.**
2. **List certain experiences you've recently had where you feel that your level of well-being declined.** Do you see a pattern in what types of boundaries that you need to become better at setting? Are they mostly physical? Emotional? Cognitive? Time? Professional?
3. **Write down a script for the three main types of situations where you notice your lack of boundaries are set.** For example, if you are noticing that certain people keep taking up your time, you can say; *'Thanks for the chat, but I need to get back to (the task that you are engaged in).*
4. **Create an if/then strategy.** Outline possible responses that you may receive in refute of your boundaries.



## **SETTING A LACK OF BOUNDARIES CAN IMPACT YOUR WELL-BEING AND CHALLENGE THE QUALITY OF YOUR LIFESTYLE:**

- Exhibiting passive aggressive behaviour
- Feeling like you're not enough
- Not having enough time for yourself
- Becoming less kind to others
- Emotional eating
- Ruminating about you should have used your voice
- Impacting your personal relationships
- Constantly being taken advantage of
- Feeling disrespected by others
- Negative impact on sleep
- Decline in work performance
- Depression and anxiety
- Feelings of resentment
- Loss of friendships
- Feeling misunderstood
- A lack of desire to fulfill your goals

## **HERE ARE 10 REASONS OF WHY SETTING BOUNDARIES FOR YOURSELF WILL POSITIVELY IMPACT YOUR WELL-BEING**

**#1 It fosters honest and respectful communication** between yourself and others without having to react negatively to situations and feel any sort of frustration.

**#2 Reveals the level of respect that you have towards yourself** and to what level you are willing to tolerate certain behaviours.

**#3 Keeps you acting from a place of integrity** which attracts positive attention to you and your lifestyle.

**#4 You feel more in control of your life** and less resentful towards others because you are confident in honouring your values and standing up for your beliefs.

**#5 There is little ambiguity between yourself and others.** Although others may have taken your requests the wrong way, at least you know your intention was not to make others feel bad, but to place yourself first.

**#6 Your mood, attitudes and behaviours are more aligned with how you desire to feel in every moment.** You remain happy and at peace with yourself. In other words, you are less stressed.

**#7 Performance at work is exceptional** due to building trusting and honest relationships with your colleagues.

**#8 You establish guidelines of how you'd like to be treated** and it tells others of how to behave around you (what's acceptable).

**#9 Your energy is protected.** It prevents you from feeling depleted, taken advantage of and taken for granted. You also learn how to say 'no.'

**#10 You become more self-aware to what types of interactions you enjoy and what types of people you want to be in the presence of.** You understand the needs of others and recognize how to keep your thoughts and feelings separate from that of others.