

BOUNDARIES & RELATIONSHIPS – NAVIGATING THE TOUGH ONES

1. What are Boundaries?

- Something you will accept or will not accept from others or Something you will or will not do with/for others– in general or with specific people or roles.
- Boundaries are declared.
- Types of boundaries:
 - i. Physical – body, personal space, privacy
 - ii. Emotional – time emotions, energy, values
- Our capacity to set and hold boundaries – **learned in childhood based** on how you were treated and how you saw boundary setting by adults around you

2. Create a context for this conversation: Listen to song “Total Permission to Say Yes to Life” by Wahkeena Sitka (<https://www.youtube.com/watch?v=dXEsN-LPsVY>)

First lines of the song:

“I give myself total permission

I give myself total permission to follow my heart, to listen to my desires. To love myself completely.

I give myself total permission to make myself happy and joyful, and to be deeply fulfilled, and live in purposeful ecstasy.”

Marilyn added a version for setting and holding boundaries:

“I give myself total permission to say YES to my life and NO to anything and anyone in a way that is not consistent with my values and priorities.”

3. Why is it hard to set a boundary?

We learn how to set boundaries early in our lives – or not

- If you were/not allowed to assert your own needs and wants by your parents
- If you were/no held responsible for others needs and wants
- If you were/not allowed to verbalize your feelings and express your needs

If you did not learn to set healthy boundaries or they were not respected, it will be more difficult to set and hold boundaries.

If you don't have boundaries then recognize that people in your life expect you to have no boundaries or limited boundaries. You have taught them that if they push you, you will give in. You will have to be firm about holding the boundaries for them to adjust to your new rules.

Stay with it and they will accept the new boundaries.

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4. How do you know when someone violates your boundary?

- Your **intuition** tells you – you have a “KNOWING” even if you don’t know why
- You sense it in your **body**

It’s OK to not know what you feel but you can always say “I feel uncomfortable”

- This can be an inquiry and investigation for some of us who did not learn boundaries as a child.

How does a Goddess set and hold a boundary?

1. Give yourself permission to have boundaries and declare them.
2. If you don’t set a boundary so the other person hears it, there isn’t one. You might have to declare it more than once!
3. It’s what you say – no one else – so you have to say what you want.
4. Be present to yourself. If you are not self-aware, you can’t set boundaries with confidence.
 - Know who you are, what your need and what you want
 - Feel your feelings – Tune in and see what is this? BE CURIOUS – is it resentment, stress, anxiety, guilt, fear, hurt – typically from feeling taken advantage of or not feeling appreciated. DO NOT PUSH THESE FEELINGS DOWN. A GODDESS FEELS HER FEELINGS. Do not make commitments if you are not sure.
5. Be patient with yourself. Celebrate your awareness that they are missing, then that you noticed them after the fact. As you keep gaining more awareness, you will set stronger boundaries.
6. Practice creating/declaring boundaries before you need them. Practice looking at yourself in the mirror!
Be willing to be uncomfortable and stay in curiosity about your process.

How to communicate what you want in a softer way:

Ellen Snortland Magic Question: “I feel ___ when you do _____. Would you _____?”

7. Consider who the person is, what is their role, what is the situation, area of life. If you have a commitment to your relationship, acknowledge who they are for you so they know you are saying No to something they are doing, not to who they are.
Example: If a man you just started dating touches you inappropriately, that is different from a man you work with. Both need boundaries but you will likely have different conversations to set limits.
8. Be kind to yourself and to others.
9. Be present with them. When you do set a boundary, how does their demeanor change? Do they seem hurt or angry? Get in their world.

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10. When you are clumsy or clunky in setting a boundary, you can apologize or how you set a boundary but do not apologize for having a boundary or having a fuzzy boundary.
11. Understand your limits and what you ARE and are NOT responsible for
 - You are responsible for your happiness, behavior, choices, and feelings
 - You are NOT responsible for Other's happiness, behavior, choices, and feelings
12. Practice setting boundaries to get comfortable with setting them
 - IF you are not 100% yes, say no or Let me think about that and I'll get back to you.
 - i. You don't need a reason.
 - ii. IF pressured say no.
 - Say NO to things you don't want to do or have time to do
 - Ask for help and Say yes if someone offers you help
 - Delegate tasks
 - Say thank you with no regret or shame
 - Ask for space
 - Speak up if you are uncomfortable
 - Share information with others on your terms not theirs
13. Understand your limits and what you ARE and are NOT responsible for
 - You are responsible for your happiness, behavior, choices, and feelings
 - NOT responsible for Other's happiness, behavior, choices, and feelings

Remember:

"I give myself total permission to say YES to my life and NO to anything and anyone in a way that is not consistent with my values and priorities."