

A S S E M B L Y

B O U N D A R I E S

BOUNDARIES

EVIDENCE THAT YOU MIGHT NEED TO UPDATE YOUR BOUNDARIES:

1) MARTYRDOM:

With this, you identify as having had your boundaries imposed and become overly defensive to ward off further imposition. Often you continue to be knowingly imposed on and then let others know of your martyrdom.

2) RESENTMENT:

This is reflected in your interactions with others. Because of your anger over past imposition of your boundaries, you feel resentment towards a lot of people, situations and expectations of you.

3) INVISIBILITY:

This might involve you pulling in or withdrawing so that others, and maybe even yourself, never know how you are really feeling or what you are really thinking. Your goal is not to be seen or heard so that your boundaries are not imposed on.

4) ALOOFNESS :

As a result of experiences of being ignored or rejected in the past it might feel easier to protect your boundaries by taking the defensive posture to reject others before they reject you. This keeps you inward and unwilling or fearful of opening up your space to others. You may try to seem cool or withdrawn so not to have any boundary imposing experiences going forward.

5) ACCESSIBILITY:

This is when it seems to you that nothing you think, feel, or do is your own business. You are expected to OR feel an urge to report to others all details and content of your feelings, reactions, opinions, relationships and dealings with the outside world. You begin to feel that nothing you experience can be kept in the privacy of your own domain. You begin to believe you do not have a private domain or your own space into which you can escape and need to explain yourself to others – even people you don't know.

Which of these evidence types do you connect with the most? Where can you see that your own boundaries have become too porous or too rigid?

BOUNDARIES

Based on the evidence markers above, can you connect to a situation or person where you know you need to update your boundaries in order to free you up or allow you to become more true to yourself?

The boundary I am struggling with is:

5 WAYS WE CAN UPDATE OR ADVOCATE FOR OUR BOUNDARIES:

- 1. Have support in place before and after setting boundaries** – talk it out with someone trusted before you set them with someone or something that you're feeling nervous about. Accountability is key.
- 2. Have clear agreements about expectations.** To be clear is to be kind. Don't be afraid to ask as many questions as you would like or to get as much clarity as you need so you can weigh up where your boundary lies on a particular situation.
- 3. Use simple and direct language.**

"I've decided not to take phone calls between 10am and 2pm so I can get my work done. I will need to call you later."

"Although this cause is important to me, I need to decline your request for help in order to honour my family's needs right now."

"It's not okay with me that you comment on my appearance. I'd like you to stop doing that."

"I'll have to think it over; I have a policy of not making decisions right away, so I'll let you know by _____."

- 4. Realise you do not need to defend, debate, or over-explain your feelings.** Be firm, gracious and direct. If you face resistance, repeat your statement or request. Teach people how to treat you.
- 5. Back up your boundary with action.** Show that you mean what you say. Be loyal to yourself and your values. Follow through.

BOUNDARIES

The action I will take to update my boundary is:

GIVING YOURSELF PERMISSION:

What permission do you need to give yourself in general in order to uphold your values and stay true to yourself and the work or life you want to create?

REFLECT HERE:

To protect my boundaries, it is ok to _____. *i.e. Change my mind/Turn the notifications off on my phone/Say no etc.*

- 1.
- 2.
- 3.
- 4.
- 5.

DON'T FORGET:

- 1) *Boundaries are not constrictive, they are freeing.*
- 2) *Boundaries do not equal letting people down, they mean we get to be really clear and kind with the people that matter to us most.*
- 3) *Boundaries offer us the opportunity for us to do our best work, to be self supportive and intentional about what we want to offer, create or how we want to serve.*