

Understanding Boundaries

- We all have personal boundaries.
- Our boundary defines who we are and determines how we can interact and relate to the world, physically, emotionally, and spiritually.
- My boundary lets me know where I end, and you begin.
- My boundary allows me to express who I am and allows you to do the same.
- If we grew up in a dysfunctional family, inconsistency and various forms of abuse influenced our ability to form and maintain our boundaries.
- We also have difficulty identifying the boundaries of others.
- Damaged boundaries are a symptom of codependency (which means have issues with aspects of oneself in the areas of boundaries, reality, moderation, self-care and/or self esteem).
- The primary cause of conflict and difficulties in relationships lies in unhealthy boundaries.
- My boundary is my container. When I am too contained or not contained enough, the problems in relationships result.
- Healing and restoring our boundary is a part of the recovery process. It does not happen overnight.
- Our emotional or internal boundary protects our emotional needs, rights, and safety, including our rights to our thoughts and actions.
- If I develop an overly protective boundary, my ability to be in healthy relationships with others is compromised. It is like being surrounded physically and emotionally by a steel capsule. Nothing can penetrate in or out. The give and take, back and forth flow in a relationship is hampered.
- The other extreme is a lack of sense of boundary. I cannot experience myself as separate from others. My container is faulty, and all the contents spill out just like an egg when the shell is broken. It becomes difficult to distinguish myself from others. I feel my feelings and all of your feelings too. I begin to define myself according to your definition.
- I lose my own identify. My feelings are your feelings, my thoughts are your thoughts, and I behave the way I think you want me to.



Healthy Boundaries

What are they?	Guidelines to know where I end, and you begin.
Why we need them	Make it safe to disagree without fear of recrimination.
When to use them.	All the time!

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Tips & Reminders	<p>~ We cannot simultaneously set a boundary (a limit) and take care of another person's feelings. The two acts are mutually exclusive. This bears repeating.</p> <p>~ You will probably, feel ashamed and afraid when you set boundaries. Do it anyway</p> <p>~ Be prepared to follow through</p> <p>~ We'll be tested when we set our boundaries</p> <p>~ When we identify a need to set a limit with someone, do it clearly, preferably without anger, and in as few words as possible</p>	Fears That Stop Us	<p>~ Fear of hurting the other person's feelings</p> <p>~ Fear of abandonment and separateness</p> <p>~ Fear of someone else's anger</p> <p>~ Fear of punishment</p> <p>~ Fear of being shamed</p> <p>~ Fear of being seen as bad or selfish</p> <p>~ Fear of being unspiritual</p> <p>~ Fear of one's over strict, critical conscience</p>
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Invasion of Boundaries

- Trying to force one's viewpoint on another showing disrespect for another's viewpoint
- Making demands rather than requests.
- Disregarding time agreements, such as being late or early



My Boundaries Review

Take stock of where your boundaries currently are, how they are serving you. Or are they hindering your success? Or serving someone else?

I've given you some questions to kick start your thinking around where you are currently with your boundaries.

BOUNDARIES AROUND YOUR TIME,
SAYING YES WHEN YOU REALLY NEED
TO SAY NO.

WHAT ARE YOU CURRENTLY DOING TO
SHIFT YOUR ABILITY TO STAY COMMITTED
TO YOUR GOALS?

HOW ARE YOU COMMUNICATING TO
OTHERS WHAT IS IMPORTANT TO YOU?

HOW DO YOU PLAN AROUND YOUR OWN
PRIORITIES?

WHAT AREAS IN YOUR LIFE ARE THE TOP 3
MOST IMPORTANT TO YOU?

WHEN YOU PLAN YOUR TIME, WHAT OR WHO
IS THE BIGGEST IMPACTOR OR INFLUENCER?



Mindset Traps

As a small business owner we have a tendency to overthink, get caught in the weeds, and distract ourselves from our productivity efforts. This directly impacts how you show up with your boundaries. Looking at your 'mindset traps' will help you re-frame situations so you can redirect your attention and stay focused. Add more than one if you can think of a few!

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Mindset Trap	Re-frame
I got 10 new emails I need to address. I'm failing at communications.	I have set aside 15 minutes a three different times in my schedule. I will focus on the emails then.
I'm horrible at what I do. The 3 star review I just received proves it.	
It's out of my control.	
I'm not good at this.	
I'm always late.	
My customers aren't going to like it.	
I never get referrals	
I'm an introvert, public relations is too hard.	
I'm never going to get better at this.	



My Healthy Boundaries

How you define healthy boundaries is unique to everyone. For you, you need to begin with knowing what is your lines in the sand are, what or who is the greatest offender or challenger to those lines, and what your inner super power is.

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01 My Non-Negotiables

What are your non-negotiables? Identify 3 ways you can ensure that when these are challenged you can communicate effectively, and respectfully the 'why' you are making the decision you are.

02 Know Your Triggers

What are three individuals, situations, or words that act as a trigger for you. The response will be you feeling guilty for not doing, acting, or being. The result or outcome will be you changing your mind and not honoring your boundary.

03 Channel Your Inner Super Power

Your inner super power is your confidence. Now that you know your non-negotiables and your triggers, you can be confident that when you make a decision. And the impact on others is that they don't a) accept it or b) get upset with you that you will stand firm and allow the 'fall-out'.

Remember you can't control how other people will act or how they will respond to your actions. When you are acting in a way that is in your best interest, they will learn to adapt and adopt. Sometimes it will take them bumping up against your boundaries a few times before they will stop challenging them.

Be patient. Something to remember is when we are impatient it has a direct correlation to our trust. Trust yourself, and when you feel impatient rephrase it to: "I'm patient."



Know & Trust Yourself

What is personal line in the sand?

What is my business line in the sand?

How do other people know or see my lines?

Gain Clarity

List below how you can clearly express or show your lines:

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-
-
-
-
-

Personal Reminders

How will you remind yourself of your own boundaries? This is important when you set new boundaries.

My Cues

What cues will you use or create so you can recognize when your boundary is being challenged or crossed?

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3 Steps You Can Take to Course Correct

Below write three steps you can take when a boundary has been crossed to course correct.

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