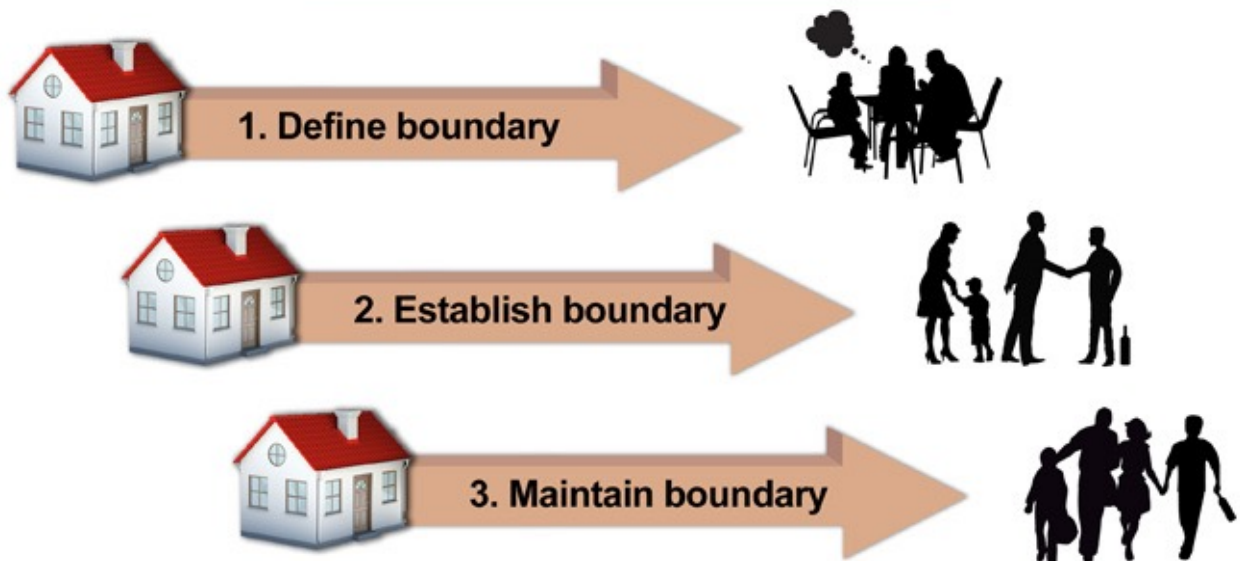


### 3 Phases of a Boundary



You don't owe anyone an explanation for your boundaries. It's not mean to have them, it's healthy. It's only once we can assert ourselves and say "I will not tolerate x,y,z" that we can be whole, healthy and not in bondage to someone, but instead stand free in a relationship.

GPS Grace Power Strength BLOG

InstaQuote

**You teach people how to treat you by what you allow, what you stop, and what you reinforce**

qtations.com/29

## What Is a Boundary?

- **A *BOUNDARY*** is a definite place where your responsibility ends and another person's begins. It stops you from doing things for others that they should do for themselves.
- **A *BOUNDARY*** also prevents you from rescuing someone from the consequences of their destructive behavior that they need to experience in order to grow.

## Good Boundaries

"You shall not move your neighbor's boundary mark, which the ancestors have set, in your inheritance which you will inherit in the land that the LORD your God gives you to possess." -Deut 19:14

- God Given (ex. 1 Chron. 4:9-10)
- Protects you AND others
- Is not just walls, but also gates
- Welcomes and keeps the good
- Keeps out the bad
- Are not selfish

Setting boundaries is about  
creating healthy emotional limits

I'm not the owner of other's feelings, worries, or reactions  
It's not my job to fix them  
or to make life better or easier for anyone else

I want to love AND be healthy  
SO I will let others  
fix themselves

# 10 STEPS TO SETTING HEALTHY BOUNDARIES

1. Clearly identify your boundary.
2. Understand why you need the boundary.
3. Be straight forward.
4. Don't apologize or give long explanations.
5. Use a calm and polite tone.
6. Start with tighter boundaries (and then loosen up if appropriate).
7. Address boundary violations early.
8. Don't make it personal.
9. Use a support system.
10. Trust your intuition.



# SIGNS OF UNHEALTHY BOUNDARIES

- Telling all.
- Trusting no one -- trusting anyone -- black and white thinking.
- Not noticing when someone else displays inappropriate boundaries.
- Not noticing when someone invades your boundaries.
- Talking at an intimate level at the first meeting.
- Being overwhelmed by a person -- preoccupied.
- Acting on the first sexual impulse.
- Being sexual for your partner, not yourself.
- Going against personal values or rights to please another person.
- Falling in love with someone who reaches out.
- Falling in love with a new acquaintance.
- Accepting food, gifts, touch, sex that you don't want.
- Touching a person without asking.
- Taking as much as you can get for the sake of getting.
- Giving as much as you can give for the sake of giving.
- Letting others define you.
- Letting others direct your life.
- Letting others describe your reality.
- Believing others can anticipate your needs.
- Expecting others to fill your needs automatically.
- Allowing someone to take as much as they can from you.
- Falling apart so someone will take care of you.
- Sexual and physical abuse.
- Food abuse.

# SIGNS OF HEALTHY BOUNDARIES

- Appropriate trust.
- Moving step by step into intimacy.
- Staying focused on your own growth and recovery.
- Maintaining personal values despite what others want.
- Noticing when someone invades your boundaries.
- Saying "No" to food, gifts, touch, sex you don't want.
- Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing.
- Putting a new acquaintanceship on hold until you check for compatibility.
- Deciding whether a potential relationship will be good for you.
- Weighing the consequence before acting on sexual impulse.
- Noticing when someone else displays inappropriate boundaries.
- Being sexual when you want to be sexual -- concentrating largely on your own pleasure rather than monitoring reactions of your partner.
- Asking a person before touching them.
- Trusting your own decisions.
- Defining your truth, as you see it.
- Knowing who you are and what you want.
- Becoming your own loving parent.
- Talking to yourself with gentleness, humor, love and respect.
- Respect for others -- not taking advantage of someone's generosity.
- Self-respect -- not giving too much in hope that someone will like you.
- Not allowing someone to take advantage of your generosity.
- Recognizing that friends and partners are not mindreaders.
- Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask.)

9/10/93

## Unhealthy Boundaries (extremes)

Trust everyone/Trusting no one

Black and White Thinking

Talking at intimate levels at 1st meeting

Falling in love with anyone who reaches out or Rigid Self Isolation

Being overwhelmed by a person or not allowing self to be influenced

Acting on first sexual impulse or Inability to share sexuality

Being sexual for your partner, not yourself or Inability to care about partner's sexual needs

Going against your own personal values to please others or inability to focus on rights of others

Not noticing when someone else displays inappropriate boundaries

Accepting gifts/touch/sex you do not want

Touching a person without asking or not allowing any contact

Giving too much or not giving at all

Allowing someone to take as much as they want from you

Letting others define you, direct your life, or Allowing other to describe your reality

Believing others can anticipate your needs or assuming no one can meet your needs

Expecting others to automatically meet your needs

Falling apart so someone will take care of you or compulsion to care for others

Self-abuse

Giving in when you really mean no

## Healthy Boundaries

Develop appropriate trust over time

Realizing nothing is truly black or white

Moving step by step into intimacy

Deciding whether a relationship is good for you -- using your brain

Staying focused on your own growth and recovery

Weighing the consequences before acting on sexual impulses

Being sexual when YOU want to be sexual and concentrate on your pleasure rather than monitoring reactions of your partner

Maintaining personal values despite what others want or think

Noticing when someone else displays appropriate boundaries

Saying no to gifts/touching/sex you do not want

Asking a person before touching them

Respect for other's generosity

Not allowing someone to take advantage of your generosity

Defining your own self-worth, trusting your instincts, knowing who you are

Recognizing others are not mind readers

Clearly communicating your wants & needs (accept your request may be declined)

Caring for yourself with a healthy interdependence

Treating yourself with respect and dignity

Accepting when someone says no without trying to bully, intimidate, or keep insisting on your way

## Healthy Relationship Quiz

1. If your girlfriend/boyfriend or partner loves you, they should know how you feel. True False
2. Jealousy is a sign of love. True False
3. True love means you think only about the other person. True False
4. Giving in to your partner during arguments is a good way to resolve conflicts. True False
5. It is important that both partners share all the same interests. True False
6. Trust is an important part of relationships. True False
7. It is okay to try to, or change a partner during a relationship. True False
8. A healthy relationship is based mainly on strong physical attraction. True False
9. You have the right to say '**NO**' and not feel guilty. True False
10. It is normal after you've been going out for your partner to expect sex. True False

## Healthy Relationship Answer Key

1. **False.** No one can read another person's mind. Assuming you know what your partner is thinking can be dangerous and lead to misinterpretations. Communication includes active listening and being able to recognize and express feelings. Effective communication helps to set the stage for a healthy relationship.
2. **False.** Feelings of jealousy often result from insecurity and low self-esteem, and may lead to possessiveness in a relationship. A need to always know what a partner is doing demonstrates a lack of respect and trust, and is also an indicator of controlling behaviour.
3. **False.** You should be able to continue with other parts of your life when you are in a relationship. Love allows you to continue to grow as an independent and creative person, enjoying relationships and other important parts of your life, including your family, school, work and other friends.
4. **False.** It is very important to openly discuss problems, so fair solutions agreeable to both partners can be created. This involves active listening and being able to express negative thoughts in a constructive way using assertive communication.
5. **False.** It can be good for conversation, but partners do not need to share all the same interests. It's normal to have certain interests or be involved in activities that the other partner may not be interested in. A healthy relationship is one where each person has a balanced life with activities in and outside the relationship.
6. **True.** In a healthy relationship, both partners trust and respect each other. When partners distrust one another, a successful relationship is hard to maintain.
7. **False.** Trying to change your partner, or making drastic changes for your partner could be a sign of abuse. A healthy relationship is one where partners accept each other, for both their good and bad qualities without trying to change the other. Making changes you are uncomfortable with and losing sight of yourself are not a part of a healthy relationship.
8. **False.** Physical attraction is only a small part of a good relationship. Other positive qualities including honesty, trust, respect, communication, a sense of humour, freedom and patience must be present for a healthy relationship.
9. **True.** No one needs to feel guilty when they say 'No'. Healthy self-esteem, believing in yourself and your reasons for saying 'No' will decrease or prevent feelings of guilt. Practicing assertive communication can help to say 'No' when necessary.
10. **False.** Your partner should never expect sex from you. Everyone has their own values and limits when it comes to sex, it is your responsibility to respect them. Being able to safely say 'No' to sex is a keystone for a healthy relationship.

