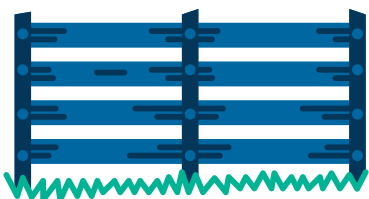




# Developing Healthy Boundaries

Key Points based on the book: "Set Boundaries, Find Peace: A Guide to Reclaiming Yourself" by Nedra Glover Tawwab

## What are boundaries?



- They can be guidelines, rules or limits that a person creates to identify reasonable, safe, and acceptable ways to maintain healthy relationships and connections. It helps others become aware of maintaining respect as well as helping us practice self-respect.
- They can be fluid and flexible at times ( As we learn something new)
- They can be porous, rigid, or healthy/assertive

## What are some common areas where we may use Boundaries?



FAMILY



WORK



RELATIONSHIPS



FRIENDSHIPS



TECHNOLOGY



PERSONAL HEALTH

## What are some obstacles we may face when setting Boundaries?

- Others not taking your boundaries seriously
- Apologizing whilst asking for our boundaries
- Allowing too much flexibility
- Speaking in uncertain terms and not being clear
- Only saying it once and letting it slide when not respected
- Assuming people will eventually figure it out

## Examples of the three types of Boundaries:

### POROUS

- Oversharing
- Codependency
- Enmeshment (lacking emotional separation between you and another)
- Inability to say no
- People pleasing
- Dependent on feedback from others
- Fear of being rejected
- Accepting of mistreatment

### RIGID

- Never sharing
- Building walls
- Avoiding vulnerability
- Cutting people out
- Having high expectations of others
- Enforcing strict rules

### HEALTHY/ASSERTIVE

- Being clear about your values
- Listening to your own opinions
- Sharing with others appropriately
- Having a healthy vulnerability with people who've earned your trust
- Being comfortable saying no
- Being comfortable hearing no without taking it personally

## Common responses and reactions when setting Boundaries:

Pushback (fear of things will be different and out of our comfort zone)



- Limit testing
- Ignoring
- Rationalizing and questioning
- Defensiveness
- Ghosting
- Silent treatment
- Acceptance



## On Flexibility:

- Most people have a mix of different boundary types. For example, someone could have healthy boundaries at work, porous boundaries in romantic relationships, and a mix of all three types with their family. One size does not fit all!
- The appropriateness of boundaries depends heavily on setting. What is appropriate to say when you're out with friends might not be appropriate when you're at work
- Some cultures have very different expectations when it comes to boundaries. For example, in some cultures it's considered wildly inappropriate to express emotions publicly. In other cultures, emotional expression is encouraged. (Therapist Aid 2016)
- Remember to be clear with your request and allow the presence for discomfort one micro step at a time.

*"We may not feel comfortable having difficult conversations, but we can do it. The short-term discomfort of setting a boundary isn't a reason to continue tolerating the longer term discomfort of the issues that inevitably result. Unhealthy relationships are frustrating and damaging to our long term well-being. Over time and with consistent practice, setting boundaries becomes easier"*

- Nedra Glover Tawwab