

# BOUNDARIES

## **BOUNDARIES DEFINED:**

Your guidelines, rules or limits that you create to identify what are reasonable, safe and permissible ways for other people to behave around you while acknowledging their right to do the same. Boundaries allow us to be assertive without being offensive and to experience other people without being offended. Boundaries protects from unwanted intrusions.

## **WE CAN DESCRIBE BOUNDARY ISSUES AS VICTIM/OFFENDER ISSUES:**

- Victim= I have no boundaries or I have weak boundaries
- Offender= I violate the boundaries of others

**SELF PROTECT AND CONTAIN:** The ability to create healthy boundaries vs.

- Having no boundaries and feeling too vulnerable or overwhelmed
- Having rigid walls so that no one and nothing get “in”
- Expressing yourself at such a volume or intensity that others are not safe in your presence

**SELF OWN:** The ability to be aware of how your thoughts produce feelings which result in your choice of actions and the ability to notice the impact on yourself and others vs.

- Feeling like a bad person and then acting it out
- Trying to be “good” and perfect at all times
- Blaming your feelings and actions on others or the situation

**SELF CONTAIN:** The ability to moderate thoughts, feelings, and then actions vs.

- Extremes in thinking such as “always” and “never”
- Extremes in feelings such as depression or rage
- Extreme behaviors such as yelling, name calling, excessive communication, lengthy e-mails, and hitting

## **BOUNDARIES DO TWO THINGS:**

1. **Protect** the SELF
2. **Contain** the SELF

For a class on boundaries visit: [betweentwohomes.com/boundaries](http://betweentwohomes.com/boundaries)