



**Achieve
Empowerment
Life Coaching**

BOUNDARIES ARE POWERFUL!



Boundaries Are Powerful!

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How Boundaries Made Me Powerful!

Welcome to my book on *Boundaries*. When I learned how powerful boundaries were in my life with narcissists, I became confident, calm, and in control of my life. I had to share this in hopes of helping other people recover from narcissistic abuse and enjoy a happier life.

The first boundary I attempted was saying "No" to my ex-fiancé. I felt so great after setting that first boundary. When I said "No" to him, he was shocked because it was the first time I had spoken up. He pushed back, but, I repeated, "No. I didn't explain myself, I just said, "No." He finally got the message, and he realized that I was serious, and he gave up. I couldn't believe it. I was shocked at how powerfully it worked!!!!

There was a time before I learned to set boundaries when I felt completely trapped under the weight of narcissistic abuse, drowning in severe depression and anxiety that stole my sense of self. Every day felt like a battle just to get out of bed, and I constantly questioned my worth and sanity. But slowly, through deep inner work, support, and learning to set healthy boundaries, I began to find my strength and rebuild the pieces of me that were lost. Now, I live with peace and confidence, and I live my life how I want to and with intention. I recovered. I am happy! Now that I am aware of the narcissist's tactics, I will never go back and be with another one.

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Chapter 1 Boundaries 101

Boundaries are the gate that show how we expect to be treated. They are the guidelines and limits you set for yourself and others to protect your well-being, values, and personal space. Boundaries are not to change someone or reprimand someone. Boundaries tell others how they can and cannot treat you. It let's there actions, voices and behaviors in or out of the gate. These boundaries can be physical, emotional or mental.

Boundaries serve several purposes. Primarily, they protect your physical and emotional space from being invaded by others. They allow you to preserve your autonomy, ensuring that YOU control your life and decisions. Also, boundaries help to create a sense of respect between individuals. By clearly communicating your limits, you let others know what is acceptable to you and what isn't. They help prevent misunderstandings, conflicts, and feelings of resentment in all relationships.

Boundaries are not requests. Always state a boundary with a positive remark first, then start your next sentence with "I," not "you." Beginning your sentence with "you" can make people defensive. Saying something positive before setting the boundary makes the person more susceptible to listening. Boundaries are hard for people to set because they are requesting something of the other person. They may not accept your boundary and yell, get angry and give pushback. Don't request as in, "Can you . . .," as that will leave the decision up to the other person, and that person will likely push back. State it. Don't give any explanation. Just stick to it. If they push back, don't converse with their pushback. If you need to because they are yelling and are angry, you can say "I will not have a conversation with you until you can talk nicely. I won't accept this abuse." Walk away if you can, and leave. Go somewhere separate from them. If they follow you, go somewhere in public where people are around. Do not argue or respond to their yelling. This can escalate the situation. Stay calm, focused, and avoid eye contact if possible. I also want to mention that you should not use boundaries on a violent person. Instead call 911. Once safe, reach out to someone you trust—a friend, family member, or support line. Consider contacting a domestic violence hotline or crisis center if this is part of a pattern of abuse. Get support such as a therapist, friends, and family that support you, or seek out a support group and find an abuse shelter. There are many support groups on Facebook.

Roles of Boundaries

Boundaries play an important role in maintaining all relationships to be healthy and ensuring personal well-being. In relationships, whether romantic, familial, or professional, boundaries help define roles and responsibilities. They clarify expectations, making it easier for both parties to understand what is needed to maintain a positive and productive relationship.

Moreover, boundaries are key for self-care. They allow you to protect your time, energy, and emotional resources. Without boundaries, you may find yourself overextended, stressed, or emotionally drained as you take on too much responsibility for others or fail to prioritize your needs. Such as people pleasing.

I know boundaries are scary but if you start with small boundaries the more times you set them, you will find the guilty feelings will go away and you will see the power of using them. For example, consider a scenario where Derrick found himself constantly compromising his time and energy to meet the needs of his partner, often neglecting his own needs in the process. One day, he calmly told her, "I love our time together, but I need time for myself after work to decompress before jumping into conversations or errands." At first, it felt selfish, but soon he noticed that he had more patience and energy in the relationship. That boundary gave him space to recharge and show up more fully, and loving and as a better listener. Start small such as, "I'd like to talk on the phone rather text." "I like hearing your voice and hearing how you say things" or "I know we're friends, but I'm not comfortable discussing that topic."



Chapter 2

Types of Boundaries



Physical Boundaries

Physical boundaries refer to your personal space and physical touch. These boundaries determine who can touch you, how, and under what circumstances. Physical boundaries are perhaps the most easily recognized, as they involve your physical body and the space around it.

For instance, you might be comfortable hugging close friends but prefer a handshake with acquaintances. Setting a physical boundary could involve telling someone, "It's so nice to meet you. I'm not a hugger, but a handshake is fine."

Emotional Boundaries

Emotional boundaries involve protecting your emotional well-being. They help you manage your emotions and differentiate between your feelings and those of others. Emotional boundaries are essential to prevent emotional manipulation and ensure that you do not take on others' emotional burdens.

For example, if a friend often vents their frustrations to you, and you find it emotionally draining, setting an emotional boundary might involve letting them know that while you care about them and want to listen to them, that you also need time to recharge emotionally from your own stress and can't always be available to listen as often as you have been.



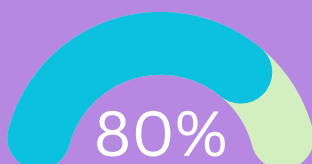


Intellectual Boundaries

Intellectual boundaries pertain to your thoughts, ideas, and opinions. They involve respecting the intellectual space of others and expecting the same in return. Intellectual boundaries are crucial in discussions, debates, and collaborative environments, where differing opinions are common.

For instance, in a workplace meeting, you might set an intellectual boundary by saying, "I respect your opinion, but I have a different perspective that I would like time to talk about.."

80% of people who work with a life coach say that they have gained confidence from the experience.



Material Boundaries

Material boundaries have to do with your possessions and property. They define how you share your belongings with others and how you expect others to treat your things. Material boundaries can prevent feelings of resentment that develop from lending items that are not returned or are returned damaged.

For example, if a neighbor frequently borrows your lawnmower, but doesn't return it on time or in good condition, setting a material boundary could involve telling them, "I'm happy to lend it to you, but I need it back by the end of the day in the same condition."

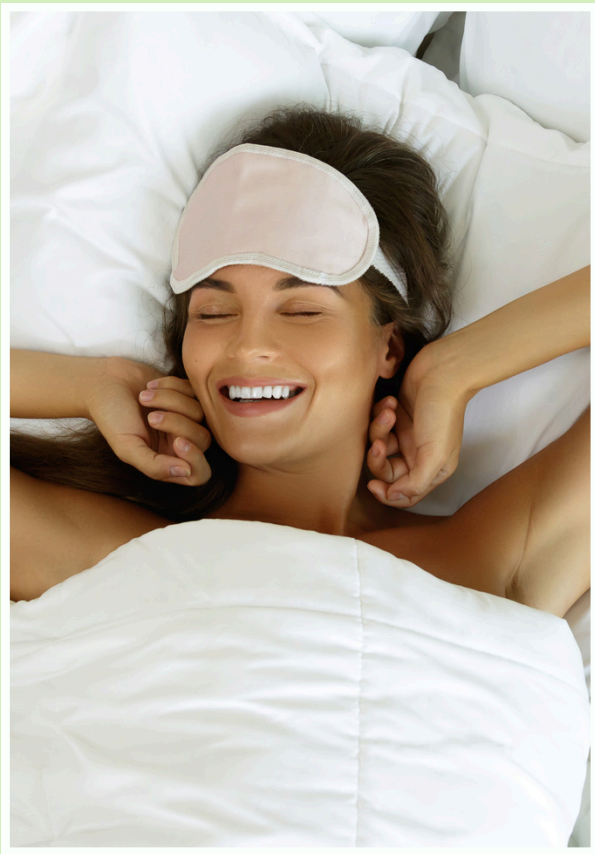
Types of Boundaries (cont.)

Time Boundaries

Time boundaries involve how you manage your time and how you allow others to use it. They help you prioritize your commitments and ensure that your time is respected by others. Setting time boundaries is essential to prevent overcommitment and maintain a healthy balance between work, personal life, and leisure.

For instance, if you find yourself frequently staying late at work because others ask for last-minute help, a time boundary might involve stating, "I'm happy to help, but I need to leave by 5 PM, so please let me know in advance if you need assistance."





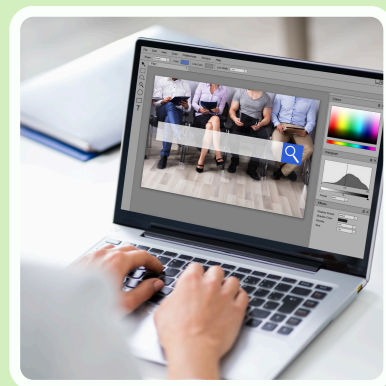
Self-Boundaries

Self-boundaries are the limits you set to ensure your health, well-being, and personal growth. These boundaries might involve how you manage your time, energy, and self-talk. A self-boundary might involve limiting negative self-talk by challenging unhelpful thoughts and replacing them with more constructive ones. Cognitive Behavioral Therapy (CBT) helps immensely with changing your thoughts.

Digital Boundaries

With now a level of high technology and social media. Digital boundaries involve how you manage your online presence, social media interactions, and screen time. They help protect your privacy, time, and mental health.

An example of a digital boundary might involve setting limits on how much time you spend on social media each day.. This boundary helps prevent overwhelm and ensures that your online activities don't interfere with your real-life responsibilities and well-being.





Chapter 3

How to Establish Boundaries

Self-Awareness

The first step in establishing boundaries is developing self-awareness. This involves understanding your own needs, values, and limits. Reflect on past experiences where you felt uncomfortable, stressed, or taken advantage of. These experiences can provide clues about where your boundaries lie. For example, if you often feel drained with social gatherings, it might indicate a need for stronger boundaries around your social time. By recognizing what causes discomfort, you can begin to identify the boundaries that need to be established.

Communication

Effective communication is key to setting boundaries. It's important to be clear, direct, and assertive when expressing your boundaries to others. This doesn't mean being aggressive or confrontational; rather, it involves calmly stating your needs without an attitude..

For instance, if a co-worker frequently interrupts you during work, you might say, " Hey."I'm in the middle of something important right now, but I can help you once I'm finished." This communicates your boundaries without causing unnecessary conflict.

How to Establish Boundaries (cont.)

Consistency

Consistency is important to reinforce your boundaries. If you set a boundary but do not consistently uphold it, others may not take it seriously.

For example, if you've set a boundary to not check work emails after 6 PM but occasionally make exceptions, it sends mixed signals. To maintain your boundary, it's important to stick to it consistently, even when it's challenging.



Negotiation

While some boundaries are non-negotiable, others may require flexibility. Negotiation involves finding a middle ground where both parties feel respected and heard. It's important to know when and how to negotiate your boundaries without compromising your core needs. You may have to pick your battles.

For instance, "I'm open to adjusting the price, but I won't go below \$500—it doesn't reflect the value of my work."



Chapter 4

The Importance of Boundaries in Different Areas of Life

Personal Relationships

In personal relationships, boundaries are essential for maintaining mutual respect, understanding, and trust. Without boundaries, relationships can become unbalanced, leading to issues like codependency, resentment, and emotional exhaustion.

For example, your mother may want you to come to dinner every Friday night. It affects your personal and social time. You start feeling guilt and resentment. That boundary might be something like "I love family time, but I can only come every other Friday because I need personal time and social connection. Clear boundaries help prevent misunderstandings and ensure that both partners feel valued and respected.



Workplace Boundaries

Workplace boundaries are essential for preventing burnout, managing workload effectively, and maintaining a healthy work-life balance. They help define roles, responsibilities, and expectations, creating a more productive and respectful work environment. For instance, "I know we're friends, but I'm not comfortable discussing personal matters at work."



Chapter 5

The Impacts and Challenges of Setting Boundaries

Positive Impact of Boundaries

When boundaries are respected, they lead to healthier, more fulfilling relationships and a stronger sense of self. Boundaries help reduce stress and prevent burnout by ensuring that your needs are met and your personal space is protected.

For example, by setting clear boundaries with a demanding friend, you might find that your relationship becomes more balanced and less draining. You'll likely feel more confident and assertive, knowing that your needs are being respected.

Additionally, boundaries allow you to be more authentic in your interactions. When you know your limits and communicate them effectively, you can engage with others in a way that aligns with your values and true self. This authenticity fosters deeper connections and more meaningful relationships.

Challenges in Setting Boundaries

Despite their importance, setting boundaries can be challenging. Many people struggle with the fear of rejection, guilt, or discomfort when asserting their boundaries. Cultural or familial expectations can also make it difficult to establish and maintain boundaries.

For example, in some cultures or families, there may be an expectation to always put others' needs before your own. This can make it challenging to set boundaries without feeling



selfish or disloyal. Additionally, some people may react negatively when you set boundaries, especially if they're not used to you asserting your needs. You might get pushback. You will read more about pushbacks in the following paragraph.

Overcoming Challenges

Overcoming these challenges requires practice, patience, and self-compassion. Start by setting small, manageable boundaries and gradually work your way up to more significant ones. Remember that it's okay to prioritize your needs and that setting boundaries is for you.

How to Handle Pushback When Setting Boundaries

We set boundaries for our emotional well-being, but not everyone will respect them right away. Some people may push back, guilt-trip, argue, or even ignore your boundaries. Here's how to stand your ground with confidence:

1. Expect Resistance & Stay Firm

Pushback is normal, especially if someone is used to you being overly accommodating. Anticipate it, but don't let it shake your resolve. Stand firm in your boundary without over-explaining or justifying yourself.

Example:

- Pushback: "Why are you suddenly acting this way? You used to help me!"
- Your Response: "I understand this is a change, but this is what I need for my well-being."

2. Stay Calm & Regulate Your Emotions

People who don't respect boundaries may try to provoke a reaction. Breathe, stay composed, and

Don't get drawn into emotional battles. Try lowering your voice. The calmer you remain, the more power you hold over the situation.

3. Use the Broken Record Technique

Repeat your boundary as many times as needed without engaging in arguments. This signals that you are serious and will not back down.

Example:

Them: "Come on, just this once."

- You: "I already said no. I won't be able to do that."
- Them: "But it's really important!"
- You: "I understand, but my answer is still no."

4. Don't Feel Guilty for Prioritizing Yourself

People who push back often rely on guilt to get their way. Remind yourself that setting a boundary isn't selfish—it's self-care. You are not responsible for managing other people's reactions.

5. Enforce Consequences if Needed

If someone repeatedly disrespects your boundary, let them know there will be consequences. Then, follow through.

Example:

- "If you continue to yell at me, I will end this conversation."
- "If you keep making me feel guilty, I will need to step back from this relationship."

continued...

6. Reaffirm Your Self-Worth

Pushback can trigger old wounds, especially if you're used to people-pleasing. Remind yourself that you deserve respect and that healthy relationships honor boundaries. Setting boundaries isn't about controlling others. It's about protecting yourself. The people who respect your boundaries are the ones who genuinely care about you. The ones who resist benefit from you having any.

What if you say that the boundaries aren't working? It means that you are either not sticking to your boundaries, or the people you are setting boundaries for won't accept them. Remember, boundaries are not about controlling or changing others; they are for telling people how they can and cannot treat you.

Chapter 6 What to Say When Setting Boundaries

Setting boundaries is an essential part of maintaining healthy relationships and self-care. It allows you to communicate your needs and protect your well-being. Remember to use "I" in the beginning of speaking your boundary. Do not use "You." Using "You" makes people get defensive. Also, please don't make requests when setting boundaries. For example, "Can you?". When setting boundaries, don't state ultimatums unless you're truly going to keep them. Setting boundaries is to protect yourself. Not to change someone. If they care, they should respect your boundaries

The Art of Boundaries

Lily had always been a "people pleaser". She found it hard to say "no", assert herself, and to draw lines that kept her safe and comfortable. Over time, this habit had worn her down. She felt exhausted, overwhelmed, and constantly taken advantage of. It was time for a change. One evening, Lily sat down with a cup of tea and a notebook. She decided to list areas in her life where she felt her boundaries were frequently crossed. As she wrote, she realized just how many situations had made her feel uncomfortable. From work to friendships and even her family. She felt her needs were often ignored. She decided to write boundary statements in her notebook so she could be ready to say them in specific situations.

Work Boundaries

Every morning, Tom's desk neighbor would chat with him for long periods, making it hard to start his work. Tom kindly said, "I really need to focus in the mornings—can we catch up during our break instead?" This simple boundary helped protect his productivity without being rude.

Friendship Boundaries

George had a friend, Sarah, who often called at all hours, expecting George to drop everything and listen to her problems. While George valued their friendship, he needed his own space and time to recharge.

One evening, Sarah called again, right when George was about to start getting ready to go to bed.. Instead of feeling frustrated, George decided it was time to speak up.

"Hey Sarah, I know you're going through a tough time, but I need to set a boundary about when we talk. I need to schedule our calls for earlier in the evening? I'm trying to establish a routine that allows me to get to bed on time so that I will not have a hard time getting out of bed in the morning.

Family Boundaries

Family gatherings are a challenge for Karen. Her cousin, Mark, always made insensitive jokes at her expense, making her dread family events.

At the next family gathering, she should pull Mark aside before the gathering.

"Hey Mark, I know your jokes are mostly funny, but they make me uncomfortable. I'd appreciate it if you could stop making comments about me."

Mark looked taken back but nodded. "I didn't realize it bothered you. I'll stop."



Relationship Boundaries

The daughter is setting a boundary around unsolicited advice and emotional pressure.

Daughter: "Hey Mom, can we talk for a minute? There's something I've been meaning to bring up."

Mother: "Of course, honey. What's on your mind?"

Daughter: "I really appreciate how much you care about me, and I know you always mean well when you offer advice. But sometimes, when I'm sharing what's going on in my life, I just want someone to listen, not to fix it or tell me what I should do."

Mother: "Oh. I didn't realize I was doing that. I just want to help."

Daughter: "I know you do. And I love that about you. But I'm learning to trust myself more, and part of that means figuring things out on my own. So if I'm sharing something with you, would you mind asking first if I want advice or if I just need a listening ear?"

Mother: "That makes sense. I guess I've always felt like it's my job to guide you."

Daughter: "And I've always valued your guidance. But I'm grown now, and I'm working on building confidence in my own decisions. When you step in too quickly, it makes me second-guess myself. So I'm setting a boundary around that—unless I specifically ask for your advice, I'd prefer just to be heard and supported."

Mother: "Okay, I can respect that. Thanks for telling me, and I'll do my best to check in before offering my opinion."

Daughter: "Thank you, Mom. That really means a lot."



Social Boundaries

Emma values her downtime and personal space. Her friend Lena is very social and spontaneous.

Lena: "Hey! I was thinking of swinging by your place tonight. We could binge-watch that new show and maybe order sushi?"

Emma: "That sounds fun, but tonight's my quiet night. I've had a packed week and really need some solo time to recharge."

Lena: "Ah, I get that. I just miss hanging out!"

Emma: "I understand. I miss you too. How about Saturday afternoon instead? I'll be more present and relaxed then."

Lena: "Yeah, Saturday works! Thanks for being honest. I never want to overwhelm you."

Emma: "Thanks for understanding, Lena. I love hanging out, I just need my recharge days so I can show up fully when we do."

Boundaries with Yourself

Perhaps the most challenging boundary for Diane to set was with herself. She had a habit of pushing herself too hard, neglecting her own needs and well-being. She decided to schedule regular self-care activities, like reading, exercising, and meditating. She also committed to saying no to herself when she felt the urge to overcommit.

Over time, Diane noticed a significant change in her life. She felt more energized, less stressed, and more in control. Setting boundaries wasn't easy, but it was necessary for her well-being. She learned that boundaries weren't about keeping people out; they were about protecting her own space and ensuring healthier relationships.

As Diane continued to practice setting boundaries, she realized that it was an ongoing process. Each time she asserted her needs, she felt a little stronger and more confident. She had taken the first steps towards a more balanced and fulfilling life, one boundary at a time.



Chapter 7

Setting Boundaries when you can't leave a toxic relationship

Setting boundaries in a toxic relationship when you can't leave is challenging but necessary to protect your emotional and mental health. The first step is to clearly define what is and isn't acceptable for you, even if the toxic individual doesn't agree. This means identifying your limits around how you want to be spoken to, how much access they have to your time, and what behaviors you will not tolerate. For example, you might say, "I won't continue this conversation if you raise your voice," and follow through by walking away when they do. It's not about changing the narcissist's behavior—because that's unlikely—but about showing up consistently for your own self-respect.

Consistency is key. Toxic individuals often test boundaries to see if you'll enforce them, so you must stay firm even when they push back with guilt, manipulation, or anger. Don't overexplain or try to convince them. Keep your boundary statements simple and neutral, like "I'm not discussing this right now," or "I need time to myself." If they mock you, try to bait you into an argument, or accuse you of being selfish, remind yourself that their reaction is about control, not truth. Staying grounded in your boundary, even when it's hard, teaches them that your needs are not negotiable.

Lastly, prioritize emotional detachment and self-care. When you can't leave, emotional boundaries become just as important as physical ones. Stop expecting empathy or fairness from them—it will only drain you. Instead, invest your energy into creating a safe inner world. Limit emotional disclosures, stop trying to prove your worth, and focus on validating yourself. Journal your feelings, talk to a therapist or support group, and build a strong self-care routine. You

may not be able to control the toxic individual, but you can control how much of your mind and heart they occupy. Boundaries are your lifeline—they're how you survive and protect your peace while still in the relationship.



In Conclusion

I hope you have learned something helpful and will apply it to your life! I hope you see how powerful boundaries are in life. I will also be making more books and free masterclasses in the future. I also do one-on-one sessions helping people survive and recover from narcissistic relationships. If you're interested, please email me and we can arrange a complimentary 30-minute consultation. If you would like to book a session tailored to you specifically, please email me.

Thank You!!!

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