

# 50 Reasons

To Have Strong Boundaries





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1. Boundaries help you separate your own energy from the energy of others.
2. They allow you to protect yourself from negative and harmful energies.
3. Clear boundaries help you stay grounded and centered.
4. They help you focus your energy and attention on your own spiritual growth.
5. Boundaries help you recognize when you are taking on too much responsibility for others.
6. They help you avoid burnout and fatigue.
7. They help you avoid becoming overwhelmed by the emotions of others.
8. Boundaries allow you to set limits on the amount of time and energy you give to others.
9. They help you avoid feeling drained and depleted.
10. Boundaries help you maintain healthy relationships.



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Shamanic Perspectives in Spiritual Practices

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11. They allow you to respect your own needs and desires.
12. They help you avoid becoming enmeshed in the problems and dramas of others.
13. Boundaries allow you to say "no" when necessary.
14. They help you avoid taking on other people's problems as your own.
15. Boundaries help you avoid feeling guilty or responsible for the actions of others.
16. They help you avoid getting caught up in gossip and drama.
17. Boundaries help you avoid becoming overly attached to other people's opinions of you.
18. They help you maintain your own sense of identity and self-worth.
19. Boundaries help you avoid becoming overly invested in other people's lives.
20. They help you avoid becoming codependent or overly attached to others.





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21. Boundaries help you avoid becoming a "people pleaser."
22. They help you avoid feeling resentful or angry towards others.
23. Boundaries allow you to be assertive and stand up for yourself.
24. They help you avoid becoming a doormat or pushover.
25. Boundaries help you avoid being taken advantage of by others.
26. They help you avoid becoming overly controlling or manipulative toward others.
27. Boundaries help you avoid becoming overly attached to material Possessions.
28. They help you avoid becoming overly attached to status or power.
29. Boundaries help you avoid becoming overly attached to a particular outcome or result.
30. They help you avoid becoming overly attached to a particular person or group.





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31. Boundaries help you avoid becoming overly attached to a particular belief or ideology.
32. They help you avoid becoming overly attached to a particular emotion or feeling.
33. Boundaries help you avoid becoming overly attached to a particular behavior or habit.
34. They help you avoid becoming overly attached to a particular sense of self.
35. Boundaries help you avoid becoming overly attached to a particular role or identity.
36. They help you avoid becoming overly attached to a particular experience or memory.
37. Boundaries help you avoid becoming overly attached to a particular expectation or assumption.
38. They help you avoid becoming overly attached to a particular label or category.
39. Boundaries help you avoid becoming overly attached to a particular goal or purpose.
40. They help you avoid becoming overly attached to a particular place or environment.





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41. Boundaries help you avoid becoming overly attached to a particular time or era.
42. They help you avoid becoming overly attached to a particular form or structure.
43. Boundaries help you avoid becoming overly attached to a particular sensation or perception.
44. They help you avoid becoming overly attached to a particular thought or idea.
45. Boundaries help you avoid becoming overly attached to a particular sense of identity or ego.
46. They help you avoid becoming overly attached to a particular sense of spirituality or religion.
47. Boundaries help you avoid becoming overly attached to a particular sense of culture or tradition.
48. They help you avoid becoming overly attached to a particular sense of morality or ethics.
49. Boundaries help you avoid becoming overly attached to a particular sense of justice or fairness.
50. They help you avoid becoming overly attached to a particular sense of truth or knowledge.

