HER ALCHEMY COACHING • REFLECTION SERIES

BOUNDARIES: WHERE I END AND YOU BEGIN

Creating limits that protect connection, values, and self-respect

A boundary is a limit around what we will participate in, accept, offer, or do. Healthy boundaries are not about controlling another person's behavior. They help clarify our own choices, responsibilities, time, energy, and values. Sometimes the most powerful boundary skill is simply pausing before an automatic yes.

NOTICE THE PATTERN

A BOUNDARY IS...

A statement about my limits, availability, participation, or response.

A BOUNDARY IS NOT...

A demand that guarantees someone else will change, agree, understand, or approve.

BOUNDARY LANGUAGE

"I am not available for that."
"I need time before I answer."
"If yelling begins, I will end the conversation."

THE HARD PART

A boundary may bring discomfort, guilt, disappointment, or another person's reaction. Discomfort does not automatically mean the boundary is wrong.

Boundaries are not a rejection of connection.
They are information about how you can participate in connection without abandoning yourself.

PAUSE + REFLECT

- Where am I saying yes when I want to say no?
- What am I doing out of guilt, fear, or obligation?
- What is actually mine to manage here?
- What boundary would help me stay connected to my values and myself?

Melanie Macaluso / Her Alchemy Coaching / Heralchemycoaching.com