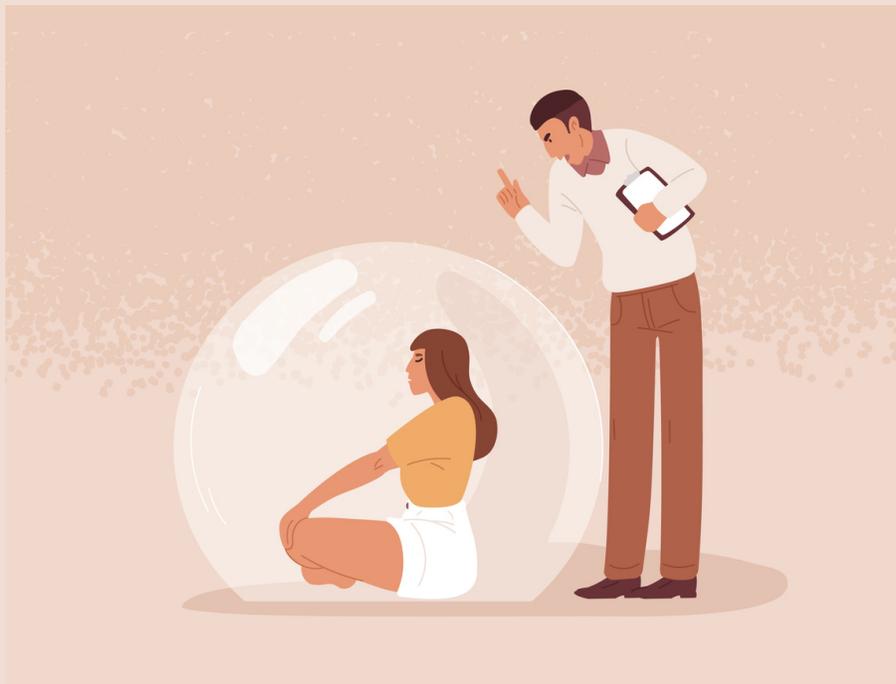


Pocket Truths

Volume #3

7 steps to setting healthy boundaries.



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Introduction

Boundaries are essentially an expression of our values. They are based around those things which are most important to us and help to reinforce positive and healthy behaviours.

Having firm boundaries in place empowers you to remain assertive and voice to others what you value most. They can act as the barriers you need at times to protect yourself from harm or negativity.

“Healthy boundaries are a crucial component of self-care. That’s because in work or in our personal relationships, poor boundaries lead to resentment, anger, and burnout” (Nelson, 2016).



First up...

Before setting boundaries it's important to spend time reflecting on your values, your current relationships, those things which you can tolerate vs/ those 'non-negotiables'.

Be realistic; we cannot change other people's thoughts, feelings or behaviours and as such, your boundaries shouldn't be based on these things.

We must communicate clearly and openly when setting boundaries. Communication should be assertive and firm yet kind and compassionate.

Consistency is key when it comes to living by your boundaries. Being consistent helps to avoid mixed messages and people over-stepping.



Healthy boundaries

What do healthy boundaries look like?

- Valuing your own opinion and honouring them
- Prioritising your own needs before others; you can't drink from an empty vessel
- Knowing it's OK to say 'no', practising assertiveness
- Communicating respectfully and effectively
- Sharing information appropriately
- Understanding and respecting limits set by others; if you want people to respect your boundaries, you must respect theirs
- Having the awareness when a boundary has been broken and knowing the steps to re-establish it

<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>



7 steps to setting boundaries

Write it out - journal what limits need to be set. Get clear on your boundary.

What's your motivation for the boundary? Why it is so important to you? A boundary is in place to protect you and you have to ensure you're willing to work at it to keep it in place.

What needs to happen in order for these limits to be addressed? Start making some little changes.



Be clear and consistent when communicating your boundary to others. Consistency builds trust and respect.



7 steps

continued ...

Your boundaries need to be firm. You can 'loosen them' over time if needed.

Set consequences if people overstep your boundary. This will help to protect you from entering negative or uncomfortable situations and aid in avoiding resentment or burnout.

Establish a support system as setting boundaries can be very challenging for some; many emotions surface and the process can be overwhelming.



I wanted to share this TEDTALK "*Good boundaries free you*" by Sarri Gilman. Boundaries can take care of you; they can help you to mitigate stress.

Sarri talks through a past personal experience whereby she was ignoring her own self-care and wellness and how the need for setting boundaries came about.

She speaks about a 'personal compass' and the importance of supporting your compass through self-care, building a web of resources, prioritising your time and practising letting go.

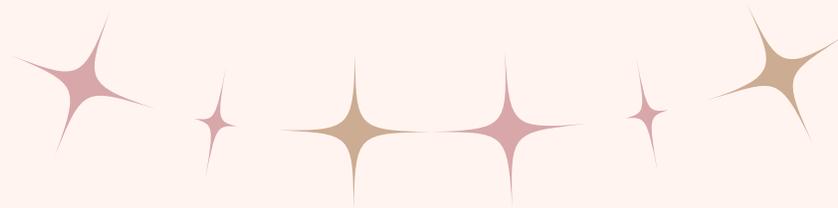
<https://youtu.be/rtsHUeKnkC8>



Signing off

Leaving you with this wonderful quote...

“A boundary is a limit or space between you and the other person; a clear place where you begin, and the other person ends . . . The purpose of setting a healthy boundary is, of course, to protect and take good care of you” (n.d.).



Wishing you success as you take a moment to reflect on your values and learn the practise of setting healthy boundaries.

With kindness and love, Libby



About THE AUTHOR

Libby is the founder of Pocket Wellness and the author of Pocket Truths.

Libby is a Counsellor and Coach and has been working in the fields of rehabilitation and mental health since 2008.



Libby is fiercely passionate about wellness and well-being and dedicates her life to helping and supporting others.



About THE AUTHOR

Libby is sociable, engaging, conscientious, highly self-motivated and resilient. She loves to make a positive impact on others; to educate and empower them to live a more meaningful, engaged and positive life.

Libby loves all things wellness, travel, the expat life, food, exercise, sunsets and music. But more than anything in the world, she loves being a Mumma!

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