

# Healthy Boundaries

-Week 1-



## 1 WHERE ARE YOUR BOUNDARIES NOW?

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This week I want you to think about your boundaries. What are boundaries? What are your boundaries *right now*? How healthy are they?

### 1.1 ASSESS YOUR CURRENT STATE.

Write down what you want, *but don't yet have*, in each area of your life.



#### Home

*Do you have a home you enjoy spending time in? Do you feel your home is safe? Comfortable? Does it make you content? Do the people you live with respect your boundaries? Do you all live harmoniously under one roof and communicate well?*

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#### Relationships

*Are your relationships balanced? Are you giving as much as you receive? Do you feel safe? Do you enjoy the time you spend with \_\_\_\_\_, or do you feel you "have to" spend time with them? Do you feel your boundaries are respected?*

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## Health

*Do you feel good in your body? Do you feed your body in a way that makes you feel good? Do you move it in a way you enjoy? Do you get enough sleep to allow you to function well? Are all of your physical needs being cared for?*

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## Spiritual Path or Self-Development

*Are you in a place where you feel good about your thoughts and beliefs? Do you feel at peace? Is there harmony in your life? If someone wanted to discuss your beliefs or try to convince you to believe as they do, would you be able to communicate your boundaries around this topic without having an extreme emotional reaction?*

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## Money/Finances

*Do you feel that what you spend money on reflects your values? Do you budget your money well and live within that budget? Do you have little stress about money? Do you have good spending and saving habits?*

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**Fun**

*Do you have intentional joy in your life every day? Do you have fun games, activities and downtime planned every day? Do you go out of your way to structure fun into your life?*

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**Personal Needs**

*Do you make sure you do things daily that will set your future self up for success? Do you know when you need downtime, quiet time, fun time, pampering time or time with others? Do you budget time for these things regularly?*

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**1.2 DESCRIBE YOUR BOUNDARIES.**

After listening to tonight’s discussion, how would you describe your boundaries? Why?

**Doormats**

**Enablers**

**Pleasers**

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### 1.3 COMMIT TO STRENGTHENING YOUR BOUNDARIES.

How would you like to strengthen boundaries in each area of your life?



I want to strengthen boundaries around home by...

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I want to strengthen boundaries around relationships by...

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I want to strengthen boundaries around health by...

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I want to strengthen boundaries around my spiritual path or self-development by...

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I want to strengthen boundaries around money/finances by...

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I want to strengthen boundaries around fun by...

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I want to strengthen boundaries around my personal needs by...

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#### 1.4 MANAGE YOUR OWN FEELINGS...AND LET OTHERS DO THE SAME.

Your feelings are your responsibility, and others are responsible for their feelings 100 percent of the time. This week, pay close attention to times that you attempt to manage someone else's thoughts or feelings, or when you give responsibility for your thoughts or feelings to someone else. Keep track of how many times you say or think:

*Count*

\_\_\_\_\_ "I wonder if, when I do this, it will make him/her feel \_\_\_\_\_."

\_\_\_\_\_ "I wish he/she would not feel \_\_\_\_\_ when I do \_\_\_\_\_."

\_\_\_\_\_ "If he/she would just do \_\_\_\_\_ they wouldn't feel so \_\_\_\_\_."

\_\_\_\_\_ "I wonder what he/she will think of me if I do \_\_\_\_\_."

\_\_\_\_\_ "He/she makes me so \_\_\_\_\_ when they do \_\_\_\_\_."

\_\_\_\_\_ "Doesn't he/she know that is the wrong thing to say to me? It makes me feel \_\_\_\_\_."

\_\_\_\_\_ "Why do they keep doing \_\_\_\_\_? Do they think I don't know what they're doing?"

\_\_\_\_\_ "I would be so \_\_\_\_\_ if they would just do what I said."

\_\_\_\_\_ "I keep making suggestions and hints, but he/she never seems to know what I am thinking or what I want. I feel so \_\_\_\_\_."

#### 1.5 EXAMINE YOUR MOTIVATIONS.

Pay attention to the motivation for your actions this week.

- Are you allowing others to embrace the natural consequences of their actions, or do you find yourself trying to save them?
- Do you allow your child to show up at school with a half-completed project because they didn't take the time to work on it...or because they told you about it at midnight the night before it was due?
- Do you rush in and rescue your family by offering money or excuses for poor decisions?

#### 1.6 EXAMINE YOUR FEELINGS.

Pay attention this week to the way you feel.

- Are you making decisions so that others will be happy with you?
- How do you feel when you realize someone is upset? Do you want to flee, or will you do anything to make that uncomfortable feeling go away?
- Do you feel good about yourself only when you believe others are happy with you?
- Do you seldom ask yourself, "What do I really want in this situation?"