

Healthy Boundaries

-Week 2-



1 SIGNS OF BOUNDARY ISSUES

What signs do you see this week that indicate you have boundary issues?

1.1 KEEP A LOG OF YOUR FEELINGS.

Keep a log this week to record whenever you feel any of the emotions below. What situation caused that feeling? How could you have created or enforced boundaries in that situation so that you wouldn't have felt that way?

annoyed

abandoned

not listened to

disrespected

afraid of letting others down

afraid of disappointing others

taken advantage of

like I had to say "yes" when I wanted to say "no"

Example #1

I felt **taken advantage of** when...

This week at work, I had a co-worker go on vacation and leave her workload on my desk with a note asking me to do it while she was away. I hate when my co-workers dump their responsibilities on me. It causes me to work late and miss family events to keep up. Then, when they come back, they enjoyed their vacation and got out of doing their work.

What could I have done differently to create or enforce boundaries?

I could have made an announcement that I would not be handling other office workers' responsibilities while they are on vacation. They would need to get their work done before leaving or work on it after they return from vacation.

Or, I could have made an announcement that I would gladly do my co-workers' work while they are on vacation, but only after completing my own workload. I could let them know that I will leave work at 5 p.m. every day; any work I don't finish will be waiting for them when they return from vacation.

Or, I could have spoken to my boss and let him know about the office practice of passing off work while on vacation and asked if there are any rules or company guidelines around this. Maybe it could be discussed during an upcoming meeting.

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Example #2

I felt **annoyed** when...

My mother-in-law came over unannounced again today. I was in the middle of getting ready for an event at my son’s school, and it was very disruptive. I love her, but this is really wearing on my nerves. It seems she comes over at the times I am most pressed for time and needing to get out the door.

What could I have done differently to create or enforce boundaries?

I could have shared with her that I love seeing her and having her help out with the kiddos, but sometimes her visits fall during times that we are rushing out, and we are not getting quality time with her that everyone is able to enjoy. I could have told her it makes me sad to have her drive over and have to leave right away. I could have asked her to call and let us know when she’s planning to come over so we can make sure she will be able to spend as much quality time with us as possible.
Or, we could have a standing appointment once a week that allows us to make sure we’re able to spend good, quality time together. I would not plan other events during that time, and it would be reserved just for a visit from her. If anything comes up that would interfere with that time, I would let her know in advance to save her from making the trip.

Record your examples this week on the following pages.

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afraid of letting others down

afraid of disappointing others

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