

Healthy Boundaries

-Week 6-



1 FOLLOWING THROUGH ON PERSONAL BOUNDARIES

This week I want you to focus on how you will follow through if your boundaries are not respected.

Following through is never about the other person; it is all about you. It's important to clearly share your personal boundaries and to follow through if they are not respected.

Personal Boundary	Clearly Share the Boundary	Follow Through
<i>I will not be yelled at.</i>	<i>I do not allow others to raise their voice to me. If it happens, I will leave.</i>	<i>I leave the room if someone yells at me.</i>
<i>I will not be in an environment where others are drinking.</i>	<i>I will not be in a place where others are drinking. If I find myself in that environment for any reason, I will leave.</i>	<i>I leave the party if others are drinking.</i>
<i>I will not answer my door when someone comes over without calling first.</i>	<i>I will not open the door if the person did not call to let me know they were coming over.</i>	<i>I do not open the door if someone arrives without calling first.</i>
<i>I will be in bed by 10 p.m. every night.</i>	<i>I will not answer the phone after 10 p.m.</i>	<i>I turn off my phone at 10 p.m. and don't respond until the next day.</i>

1.1 MAKE A PLAN FOR FOLLOWING THROUGH.

Think about your personal boundaries. Describe how you will follow through if they are not respected.

Personal Boundary	Clearly Share the Boundary	Follow Through

2 FACING YOUR FEARS

We often don't follow through on our boundaries because of fears. These could include

- fear of guilt
- fear of abandonment
- fear of confrontation or
- fear of the unknown.

2.1 GIVE YOURSELF THE ADVICE YOU WOULD GIVE OTHERS.

Now imagine a good friend or loved one was having boundaries disrespected and was facing the same fear that you have. What would you say to them? How would you help them see other possibilities or outcomes? How would you help them take action?

3 MAKING A PLAN TO OVERCOME YOUR FEARS

Once you identify your fears, you can make a plan for overcoming them. Often what makes us uncomfortable about following through is the unpredictable nature of doing something differently. By planning ahead, we can make uncomfortable situations easier.

Example:

I will not allow others to raise their voice to me. I have said that I will leave if it happens. But, I'm uncomfortable about what will happen if my mother yells at me during Thanksgiving dinner and I have to leave. I'm worried everyone will think I am weird. No one ever just walks out on Thanksgiving dinner. Also, where will I go? What will I do? I would feel sad being at home on Thanksgiving by myself.

I can talk with my aunt and let her know ahead of time about my boundary and my plan to leave if my mother yells at me. I can set up a time and place to visit with her, separate from the event. I can make backup plans so I won't be alone — for example, I can call my friend Sarah and ask if she would mind if I came by her house for a while if I have to leave my mother's house early.

3.1 PLAN TO OFFSET THE THINGS THAT MAKE YOU UNCOMFORTABLE ABOUT FOLLOWING THROUGH.
Think about a situation where you might need to follow through on a personal boundary. Imagine what would make you feel uncomfortable in that situation. Play it out in your mind like a movie, and picture what would make it easier.

The situation I might need to follow through on...

How it could be uncomfortable for me...

What I can do ahead of time to make it better...

Who can help me support my boundaries...

Alternate plans I can set up in advance...

4 PICKING YOU, 100% OF THE TIME

Enforcing your boundaries with others means choosing *yourself* — your health, welfare, joy, sanity and life balance. Remember how last week we discussed ways that saying “no” is actually saying “yes”? When you follow through on your boundaries and say “no” to someone else, you’re actually saying “yes” to yourself.

Examples:

Personal Boundary: *I will not allow anyone to hit me again.*

Follow-Through: *Joe, if you strike me again, I will walk out and not come back.*

How this is choosing me and showing myself love and care...

I would be free of physical abuse and able to make decisions without thinking about how Joe will react.

I would want this for anyone I love, so it is what I should do for myself.

What would happen if I lost the relationship because I followed through on my boundaries...

I have learned there are many other men in the world. I would rather take my chances of finding another than live with someone who harms me.

Personal Boundary: *I will not allow others to yell at me.*

Follow-Through: *Mom, if you yell at me during Thanksgiving dinner, I will leave.*

How this is choosing me and showing myself love and care...

I deserve to be spoken to like a human being. I am worthy of love and respect. I will not subject myself to being verbally attacked.

What would happen if I lost the relationship because I followed through on my boundaries...

I love my mother, but I would rather not see her if it makes me feel worse about myself when I leave.

All of my relationships should add to the quality of my life, not detract from it. We are biologically related, but that does not always mean we are a good fit for each other.

4.1 CHOOSE YOURSELF BY FOLLOWING THROUGH ON YOUR BOUNDARIES.

Describe how you can say “yes” to yourself by saying “no” to people who don’t respect your boundaries.

Personal Boundary: _____

Follow-Through: _____

How this is choosing me and showing myself love and care...

What would happen if I lost the relationship because I followed through on my boundaries...

Personal Boundary: _____

Follow-Through: _____

How this is choosing me and showing myself love and care...

What would happen if I lost the relationship because I followed through on my boundaries...
