

Boundaries

2022 Webinar Series

July 7, 2022



NO ONE STANDS ALONE
FOUNDATION

What are Boundaries

Boundaries are limits you put in place in various areas of your life so that you can protect your mental health, and well being.

Boundaries are the invisible, everchanging protective fences around our lives.

“A mentor is someone who allows you to know that no matter how dark the night, in the morning, joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view”

Oprah Winfrey

Types of Boundaries

These are the events in our lives that are expected, things that we can prepare for and have a general sense of when they may occur. If we are wise we will plan ahead for these transitions so that they will be easier to navigate.

Some examples are

Physical

Relationships

Time

Emotional/ Mental

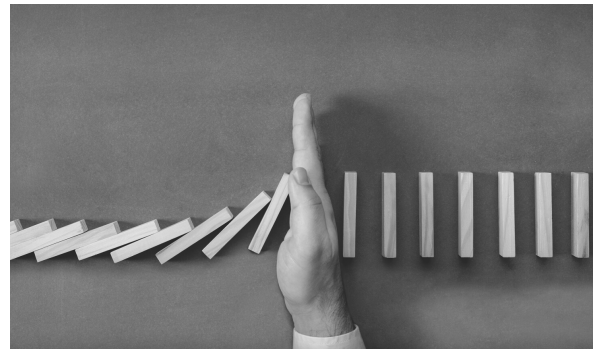
Material

Workplace

Q: What areas in your life do you need to establish boundaries?

When we fail to set boundaries and hold people accountable, we feel used and mistreated.

Brene Brown

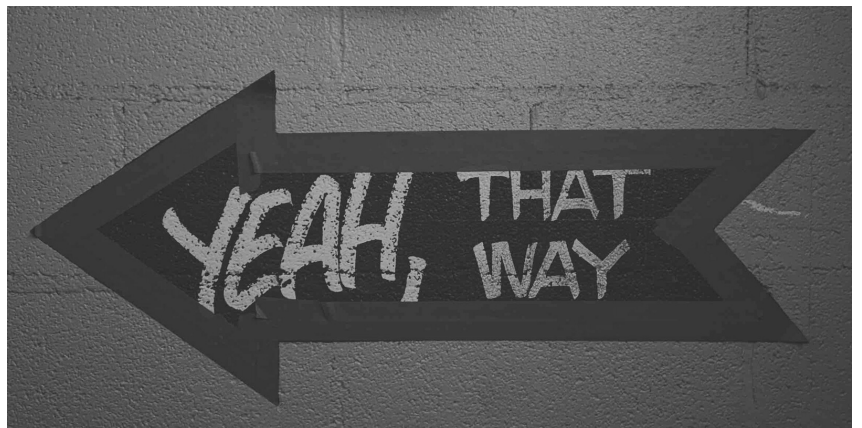


5 Signs you need to set up boundaries in your life.

- 1.You take responsibility for other people's thoughts, feelings or actions
- 2.You feel persistent anger towards someone or something
- 3.You feel resentment towards people you otherwise care about
- 4.You allow poor behavior at the expense of your own well being
- 5.In order to get what you need you need to be passive-aggressive

Q: Acknowledging the ways a lack of boundaries affects personally you will help you recognize when you need to set up new boundaries. List the ways a lack of boundaries affects you negatively.

We teach others
how they should
treat us by what we
accept and tolerate!



Consequences of not having boundaries

- Anger/ Resentment
- depression/ anxiety
- Guilt
- burnout
- Loss of self esteem
- Fear
- Stress

The negative consequences of not having boundaries can have long lasting effects. It will take time to heal from these consequences and regain your sense of purpose, identity and balance in your physical health.

Q: What area have you been negatively impacted by the negative consequences of not having boundaries? What steps do you need to take to bring healing and restoration to those areas of your life?

Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load. Do not be deceived: God cannot be mocked. A man reaps what he sows the one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

Galatians 6:4–5, 7–8

Steps for setting up Personal Boundaries

1. Recognize what areas you need to establish boundaries

- Evaluate what areas in your life you need more boundaries.
- If there are many areas you need to write them all down and reflect on what you need and want for each situation.

Q: What areas in your life do you need to establish boundaries? List them here, be specific, it will help you recognize the steps you need to take to make positive changes in your life.

For even when we were with you, we gave you this rule: If a man will not work, he shall not eat. We hear that some among you are idle. They are not busy; they are busybodies. Such people we command and urge in the Lord Jesus Christ to settle down and earn the bread they eat.

2 Thessalonians 3:10–13

Steps for setting up Personal Boundaries

2. Define what your boundaries will be

- Choose one area to establish boundaries at a time.
- What do you need? What do you need to change? How do you need others to respond to the boundaries you are setting up.

Q: What will your boundaries look like? Recognizing what is your responsibility and what is not your responsibility in your relationships will help you separate yourself from others.

A hot-tempered man
must pay the penalty;
if you rescue him, you
will have to do it again

Proverbs 19:19



Steps for setting up Personal Boundaries

3. Clearly Communicate

When you.....
I feel.....
I would like.....
If you....
I will have to.....
If you continue to
I will have to

Use the space provided to outline how you will confront those you need to establish boundaries with using the outline above.

You covered it with the deep as with a garment; the waters stood above the mountains. But at your rebuke the waters fled, at the sound of your thunder they took to flight; they flowed over the mountains, they went down into the valleys, to the place you assigned for them. You set a boundary they cannot cross; never again will they cover the earth.

Psalm 104:6–9

Above all, my brothers, do not swear - not by heaven or by earth or by anything else. Let your "Yes" be yes, and your "No," no, or you will be condemned.

James 5:12

Steps for setting up Personal Boundaries

4. Follow through
Things will often get
worse before they
get better.

- Consistency is key to success
- Don't let fear of how others will react keep you stuck in destructive cycles
- Have enough courage in yourself to stand up for what you need. You are worth it.
- If you stay consistent you will see change.

Consistency sometimes is difficult if you don't have those in your life to support you and hold you accountable. Who in your life can you entrust to support you in this?

Those who are benefiting from you not having boundaries will resist these changes you are making. Write out some of your responses to their objections before hand so when they resist, you will be able to stay true to the new boundaries you have put in place.

The only people who get upset about you setting up boundaries are the ones who are benefitting from you having none.

Results of Good Boundaries

1. You prioritize yourself
2. Relationships become safe and healthy
3. Unhealthy relationship will no longer continue
4. You are able to keep balance
5. Higher Self Esteem

Dream Big, What would your life be like if you were successful at establishing new boundaries. Allow yourself to have hopeful expectations for freedom in your life. Write out your hopes and dreams below of what your life will be like.

Good Boundaries can positively impact everything from your energy levels, sense of self esteem, and quality of relationships

Activation

TAKE THE GUILT QUIZ

(QUIX FROM MIDWEST CENTER FOR OVERCOMING ANXIETY AND DEPRESSION)

People whose beliefs are motivated by guilt often fail to set necessary boundaries in their relationships. This guilt comes from believing that prioritizing oneself over others is wrong.

Answer Yes or No to the following Questions

1. I get defensive when someone criticizes me.
2. I'm critical of myself on a daily basis about something.
3. I don't feel like I get enough done in my day.
4. I sometimes fall short of my own expectations.
5. I don't work hard enough.
6. I have a hard time of letting go of my past mistakes.
7. I don't spend enough time with my children or family.
8. I don't give my spouse or significant relationships enough attention.
9. I worry about what other people think of me and my family.
10. I get my feelings hurt easily
11. I need to lose weight or take better care of myself.
12. I have bad habits that I can't seem to break.
13. I often feel as if I am disappointing someone in my life.
14. I don't like hurting other people's feelings.
15. I feel guilty easily.

Add up how many of these questions you said yes to.

Results:

If you answered yes to....

0-3 - You don't have a lot of guilt but you also don't have a lot of sensitivity either.

Probably a little self centered. You don't feel bothered if you've hurt someone else's feelings. Not a healthy score need to work on being more sensitive.

4-7 Healthy Perspective: You have a healthy concern for others but not at your own expense, you have healthy self esteem

7-10 You are a little too sensitive, you are the kind of person that others take advantage of, they will push your buttons, they make you feel guilty.

11-15 You are so sensitive, you feel guilt. People push your buttons and they get the response and reaction they are looking for. You have trained them that they can make you feel bad.

4 Keys to Remember

01 RECOGNIZE WHAT AREAS YOU NEED
TO SET UP BOUNDARIES

03 COMMUNICATE CLEARLY

02 DEFINE WHAT YOUR BOUNDARIES
WILL BE

04 FOLLOW THROUGH, BE CONSISTENT

You covered it with the deep as with a garment; the waters stood above the mountains. But at your rebuke the waters fled, at the sound of your thunder they took to flight; they flowed over the mountains, they went down into the valleys, to the place you assigned for them. You set a boundary they cannot cross; never again will they cover the earth.

Psalm 104:6–9

Love yourself enough to set boundaries. Your time and energy are precious and you get to decide how you use them. You teach people how to treat you by deciding what you will and won't accept

Anna Taylor