

Boundaries

When we think about a boundary, we may often confuse it as drawing a separation between me and something else. But in reality, a boundary is created for myself and for my personal safety. Boundaries are developed at a very young age. The child is trying to develop boundaries because he/she is trying to define his/her sense of self. When we are raised in environments where our personal power is taken away, our voice is diminished and our ability to say no or even yes to things that matter to us the most is dictated by another adult or experience that feels like it is out of our control. This causes us confusion about our sense of self and what our own personal limitations are.

**** Watch the workshop on *Boundaries* and then work through this PDF**

How did I feel unsafe in my environment with my father figure?

What were some of your father's coping mechanisms? How did they affect you in your environment?

Create a list of all the things that have emotionally upset you throughout your entire life. Do these things feel like they were boundary violations? How did you violate your own boundary in those situations?

Often individuals do not realize that they violate their own boundaries when they abandon or disown their own truth or if they have expectations of people meeting their own personal needs.

To communicate a boundary to someone means you are inflexible and not willing to compromise your personal safety. You are not to communicate a boundary in a manipulative way where you are trying to get a need met in trying to change someone else.

If boundaries are for safety and to create a sense of self, why do you struggle with setting them? What is your fear of consequence? Do you need to be liked?

What angers you the most?

How are you using anger as a motivator to help you define your sense of self and teach others to understand you?

Boundaries teach us about each other. In relationships, we get into conflicts when we compromise our own boundaries to please the other person or diffuse the situation. This is a boundary violation. If you are attracting relationships in your life where you are being met with conflict and misunderstood, you first need to understand yourself, your trauma, and why you keep attracting the exact same experience. Do you over-explain? Do you bulldoze your thoughts? Do you disown your truth?

Victim mentality and limited thought patterns can have you violating other people's boundaries by taking no accountability and disrespecting how they feel unsafe with you. How do you make people feel unsafe? Do you try to change people or side with you as an ally? What are your insecurities? What fears and limited thoughts are dictating?

This behavior will often lead to people leaving you or you leaving people before they leave you. Thus, never resolving conflict and never feeling understood. This ties into abandonment trauma with mother. How are you going to better your personal experience with your safety and set clear boundaries?

Soul Thrive