

BOUNDARIES

The three types of boundaries

Rigid: avoids real relationship, overly protective of the self, distant and inflexible

Porous: over shares, cannot say no, dependent on other's opinions, tolerates abuse

Healthy: can share appropriately, places value on their own opinion, accepts and says no, aware of their own needs.

It is important to note that our boundaries may be different with different people. There is a lot we can learn about ourselves by observing these differences.



What are my boundaries like in general?

Who do I struggle setting healthy boundaries with?

What emotions do I experience when I set boundaries with people? Thoughts?

What stories and beliefs do I have about boundaries?

Where did I learn these?

How can I be more intentional with my boundaries?

Do I feel guilty when I set a boundary?

Does this necessarily mean I've done something wrong?