HEALTHY BOUNDARIES

PROVIDE SPACE TO THRIVE

ABOUT ME

- Masters in Marriage and Family Therapy, Drexel University
- PhD in Marriage and Family Therapy, Florida State University
- Associate Teaching Professor in Human Development and Family Science
- Private Practice
- I grew up in a family with very unhealthy boundaries!

WHAT ARE BOUNDARIES?

- Boundaries define us. They define what is me and what is not me.
- They are invisible borders that regulate information.
- Boundaries are physical, emotional, and psychological.
- Boundaries can be open, closed, and random.

BOUNDARY TRUTHS

Boundaries are healthy. Boundary setting is not wrong.

You are only responsible for setting, communicating, and reinforcing your own boundaries.

You should also respect other people’s boundaries.

There are some universal boundaries, but most need to be negotiated and communicated.

BOUNDARIES PROVIDE STRUCTURE

Structure is essential for building anything that thrives individuals, families, and systems.

Contrary to popular belief, having no or few boundaries will not make you popular and successful.

Having no boundaries will eventually make you resentful, burned out, and feeling lost (a people pleaser).

Healthy, successful entities and people have boundaries - clear limits of where they stop and start.

A PROBLEM OF BOUNDARIES

Most problems in our lives are problems rooted in boundaries.

- Problem of not setting boundaries.
- Problem of other person not respecting boundaries.
- A problem of you not reinforcing boundaries (consequences).
- Many times, we don't know what our boundaries are until they are violated. Feelings of disappointment, frustration, anger or resentment is a sign that a boundary could have been crossed.
    - Learn to lean into uncomfortable feelings, identify your boundary, and communicate it.

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The best act of self -care and care for your relationships is to MANAGE YOUR BOUNDARIES.

BOUNDARY BASICS

- You need to be aware of your boundaries.
- Your boundaries need to be spoken.
- Your boundaries need to be reasonable.
- Boundaries should be clear, consistent, intentional, and flexible.

HEALTHY FAMILY BOUNDARIES

- Rules: Expectations about behaviors for individuals and the family.
- Roles: A person's part played in the family that includes responsibilities and tasks.
- Routines: How a family organizes themselves to carry out daily tasks.
- Rituals: Special things done regularly as a family to increase connection.

BOUNDARY EXAMPLES

“Please do not come over unannounced. If you come over unannounced, I will not let you in.”

“I will not talk with you when you’ve been drinking. If you call me and are drunk, I will hang up the phone.”

“If you continue to speak with me in this tone, I will end the conversation.”

Formula:
Boundary stated as “I” statement, identify a specific behavior, and then the consequence.

BOUNDARY BOOK RECOMMENDATIONS:

Boundaries by Henry Cloud and John Townsend

Boundaries in Marriage by Henry Cloud and John Townsend

Set Boundaries, Find Peace by Nedra Glover Tawwab

Drama Free by Nedra Glover Tawwab

Essentialism by Gregory McKeown