

Let's Talk About Boundaries

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Welcome! Thank you for being here!
We will begin promptly at 10am CDT US time.

Please introduce yourself TO ALL ATTENDEES
AND PANELISTS with your name, position,
organization, location, and one word to describe
how you're currently feeling.

*Have a piece of paper and pen handy for an
activity



Women's Advocates
Breaking the cycle of domestic violence

Daring to set boundaries is about
having the courage to love ourselves,
even when we risk disappointing others.

Brené Brown

Overview of the next 60 minutes

Current
beliefs
about
boundaries

Healthy,
Porous,
Rigid
Boundaries

Exploring
YOUR
boundaries

Resources



What
boundaries
are vs are
not

Types of
Boundaries

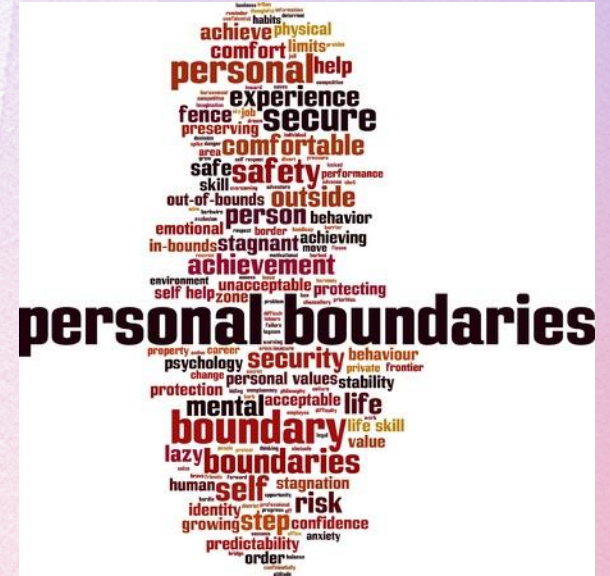
How to Set
Boundaries

- Practice,
Examples,
Violations

Important Reminders

- ❖ We are all different.
- ❖ Information in this webinar is to provide options. These are merely suggestions that you can pick and choose from. Resources to adapt/tailor.
- ❖ We get to decide what is okay and what is not okay for us.
- ❖ Discussing boundaries can be difficult. Take care of yourself.
- ❖ Certificates of attendance will be offered + PDF of the slides will be sent out!

Write in the chat: What words do you associate with 'boundaries'? How do you currently feel about boundaries?



You Boundary Beliefs

Before you can begin to set new and improved boundaries, you need to look at what your existing beliefs about boundaries are.

A= Definitely True **B** = Mostly True **C** = Somewhat True **D**= Not Very True **E** = Hardly True, If At All

1. I have the power to make choices for myself.
A B C D E
2. I am both valuable and imperfect
A B C D E
3. I am in a lifelong process of growth
A B C D E
4. My individual significance is not lowered or raised by other's opinions of me
A B C D E
5. My life is enriched when living in interdependent relationships with cooperative and respectful people.
A B C D E
6. My life is diminished when living in interdependent relationship with uncooperative and disrespectful people.
A B C D E
7. My intrinsic, or built-in, value is neither more nor less than other's.
A B C D E
8. Certain types of contributions will be more esteemed than others in our society or circle, but this does not add to or diminish the significance of my contribution.
A B C D E
9. Others' talents are a pleasure to observe & applaud.
A B C D E
10. I value life and operate from a sense of gratitude, not entitlement.
A B C D E
11. I am able to face challenges and meet problems.
A B C D E
12. I accept and befriend myself.
A B C D E
13. I believe I contribute significantly to the good of others and the world.
A B C D E
14. It is my right and privilege to own my feelings.
A B C D E
15. Boundaries are necessary and appropriate.
A B C D E
16. Boundaries do not violate love.
A B C D E
17. Setting limits is necessary to keep relationships healthy and vital.
A B C D E
18. I am not compelled to justify a boundary with apologetic explanations.
A B C D E

“

“A boundary is a limit or space between you and the other person; a clear place where you begin and the other person ends . . . The purpose of setting a healthy boundary is, of course, to protect and take good care of you”

Boundaries in different settings/contexts- conceptualize your 'spheres'

- Boundaries with friends and family
6 steps to setting boundaries with parents
- Boundaries with a significant other/romantic partner(s)
- Boundaries with co-workers, clients, people within your professional realm

The bigger picture

- Brene Brown 7 Elements of Trust
- Trauma Informed Advocacy



Boundary Considerations for Advocates and Social Service Providers

Source

- Advocate-Client relationships are planned and goal-directed interactions between an advocate and an abuse survivor.
- **Advocates are responsible for maintaining and teaching appropriate boundaries.**
 - Sometimes a client's concept of boundaries can be so under-formulated that they may not be aware of what appropriate boundaries are. This is often because clients tend to be in crisis and their boundaries have been completely violated and ignored.
- **Advocates need to empathize appropriately.**
 - Overstepping boundaries takes place when an advocate moves from caring about clients to becoming over involved in the clients' lives. Also under-involvement with a client can be a boundary violation as well.
- Setting boundaries: protects the client, protects the advocate, protects the agency, promotes healthy interactions

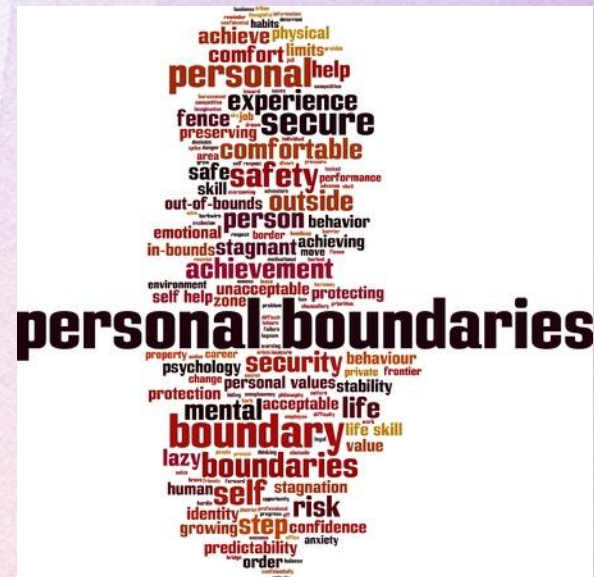
Boundary Considerations for Advocates and Social Service Providers

Considerations in sharing a personal story about abuse: redirecting attention away from client, role reversal, over-identification, false hope

Red flag considerations:

- acceptance or giving of gifts
- presence of conditions conducive to burnout
- lack of definition of job or policies
- sharing personal info or work concerns with a client
- making your own rules
- promising particular clients loyalty, availability/special treatment
- having dual relationships
- advice giving
- keeping secrets with a client
- spending free time with a client
- withholding knowledge or advocacy from a client as punishment or to coerce compliance

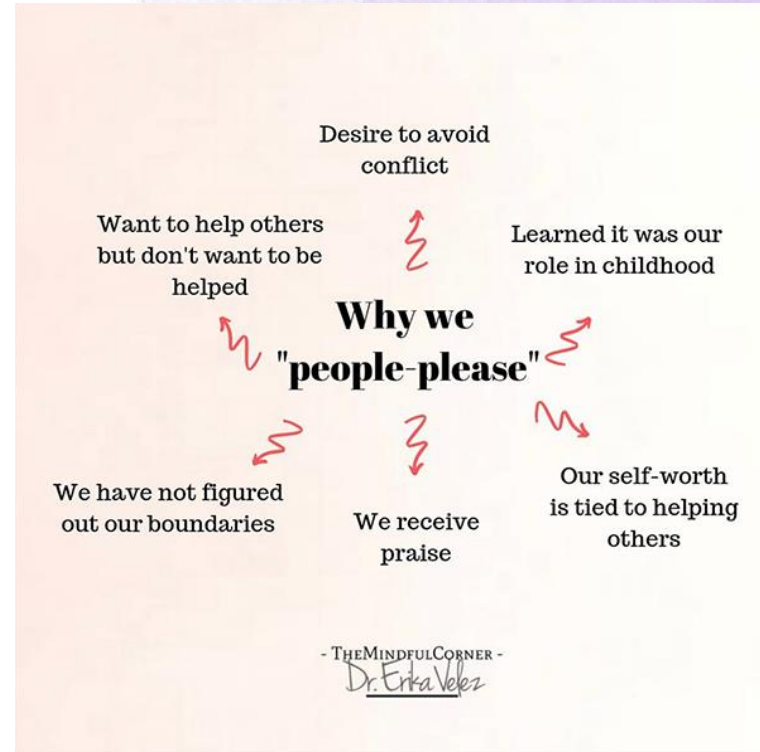
Write in the chat: How do you want to feel about boundaries?



Setting boundaries can be hard.

Barriers to setting boundaries:

- Fear of rejection/abandonment
- Fear of confrontation/negative reaction/interpretation
- Guilt
- We were not taught healthy boundaries
- Safety Concerns



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

-Marloes De Vries

“

When people set boundaries with you, it's their attempt to continue the relationship with you. It's not an attempt to hurt you.

- Elizabeth Earnshaw

Boundaries vs. Standards

BOUNDARIES

VS

STANDARDS

Boundaries are designed to keep your self-love intact and prevent you from being manipulated, used or violated

- No last minute dates
- No calls after 11pm
- No Netflix and Chill dates
- No sex before commitment.
- I will not tolerate verbal abuse
- I will not date anyone still in a relationship with someone else
- I will not play the role of mother in my relationships
- I will not date someone who disrespects me in any way
- I will not chase anyone for love, affection and/or attention
- I will not pursue anyone who is emotionally unavailable

Standards are the qualities that must be present before you agree to entertain someone romantically

- Must have the basics: job, own place and able to support themselves
- Must be in a career they enjoy
- No coffee/drive by dates
- Must demonstrate integrity
- No criminal record or drug use
- Emotionally, physically and financially healthy
- Introspective and understands how to manage conflict
- Willing to work towards being the best version of themselves
- Open to becoming conscious of and working on their issues/shadow work

Importance of Setting Boundaries

- ❖ To practice self-care and self-respect
- ❖ To communicate your needs in a relationship
- ❖ To make time and space for positive interactions
- ❖ To set limits in a relationship in a way that is healthy

HEALTHY BOUNDARIES allow you to:

- Have high self-esteem and self-respect.
- Share personal information gradually, in a mutually sharing and trusting relationship.
- Protect physical and emotional space from intrusion.
- Have an **equal** partnership where responsibility and power are shared.
- Be assertive. Confidently and truthfully say “yes” or “no” and be okay when others say “no” to you.
- Separate your needs, thoughts, feelings, and desires **from others**.
- Recognize that your boundaries and needs are **different** from others.
- Empower yourself to make healthy choices and take responsibility for yourself.

UNHEALTHY BOUNDARIES are characterized by:

- Sharing too much too soon or, at the other end of the spectrum, closing yourself off and not expressing your need and wants.
- Feeling responsible for **others' happiness**.
- **Inability to say "no"** for fear of rejection or abandonment.
- Weak sense of your own identity. **You base how you feel about yourself on how others treat you.**
- Disempowerment. **You allow others to make decisions for you**; consequently, you feel powerless and do not take responsibility for your own life.

Pick one "old belief" that you identify with and rewrite it!

Source

Rational Boundary-Building Thinking

Old Belief	New Belief
I can never say "no" to others.	I have a right to say "no" to others if it is an invasion of my space or a violation of my rights.
It is my duty to hold them together.	I have a right to take care of myself. If they want to stay together as a family or group, it is up to each individual to make such a decision. We all share responsibility to create the interdependency needed to keep us a united group
I can never trust anyone again.	I have a right to take the risk to grow in my relationships with others. If I find my rights are being violated or ignored, I can assertively protect myself to ensure I am not hurt.

Pick one "old belief" that you identify with and rewrite it!

Source

Rational Boundary-Building Thinking

Old Belief	New Belief
I would feel guilty if I did something on my own and left my family or group out of it.	I have the right and need to do things which are uniquely mine so that I do not become so overly enmeshed with others that I lose my identity.
I should do everything I can to spend as much time together with you or else we won't be a healthy family or group.	I have a right and a need to explore my own interests, hobbies and outlets so that I can bring back to this family or group my unique personality to enrich our lives rather than be lost in a closed and over enmeshed system.
It doesn't matter what they are doing to me. As long as I keep quiet and don't complain, they will eventually leave me alone.	I will stand up for myself and assert my rights to be respected and not hurt or violated. If they choose to ignore me, then I have the right to leave them or ask them to get out of my life.

Pick one "old belief" that you identify with and rewrite it!

Source

Rational Boundary-Building Thinking

Old Belief	New Belief
As long as I am not seen or heard, I won't be violated or hurt.	I have a right to be visible and to be seen and heard. I will stand up for myself so that others can learn to respect my rights, my needs and not violate my space.
I'd rather not pay attention to what is happening to me in this relationship which is overly intrusive, smothering and violating my privacy. In this way I don't have to feel the pain and hurt that comes from such a violation.	I choose no longer to disassociate from my feelings when I am being treated in a negatively painful way so that I can be aware of what is happening to me and assertively protect myself from further violation or hurt.

Pick one "old belief" that you identify with and rewrite it!

Source

Rational Boundary-Building Thinking

Old Belief	New Belief
I've been hurt badly in the past and I will never let anyone in close enough to hurt me again.	I do not need to be cold and distant or aloof and shy as protective tools to avoid being hurt. I choose to open myself up to others trusting that I will be assertive to protect my rights and privacy from being violated.
I can never tell where to draw the line with others.	There is a line I have drawn over which I do not allow others to cross. This line ensures me my uniqueness, autonomy and privacy. I am able to be me the way I really am rather than the way people want me to be by drawing this line. By this line I let others know: this is who I am and where I begin and you end; this is who you are and where you begin and I end; we will never cross over this line so that we can maintain a healthy relationship with one another.

Examples of boundaries- specific language

- If-then statement (non-threatening)
- Future plans statement
- Expressing needs in a specific situation
- Explaining impact of actions and suggesting a new behavior

Boundaries: how we teach others to respect our energy @the.holistic.psychologist

Not a boundary: "There is something wrong with you and I'm not taking it anymore"

A boundary: "If you continue to yell & not allow me to speak, I won't be communicating with you"

Not a boundary: "I'm not a superhero I can't do everything. What don't you understand?"

A boundary: "Going forward I won't be able to have dinner ready on Fridays with my schedule"

Not a boundary: "If this happens one more time, I'm done. You'll see."

A boundary: "I feel very hurt when you don't consider me in making decisions. I will need to be included in making them going forward"

What is the nature of the boundaries that you have in your different 'spheres' currently? Hint: It can be a mix!

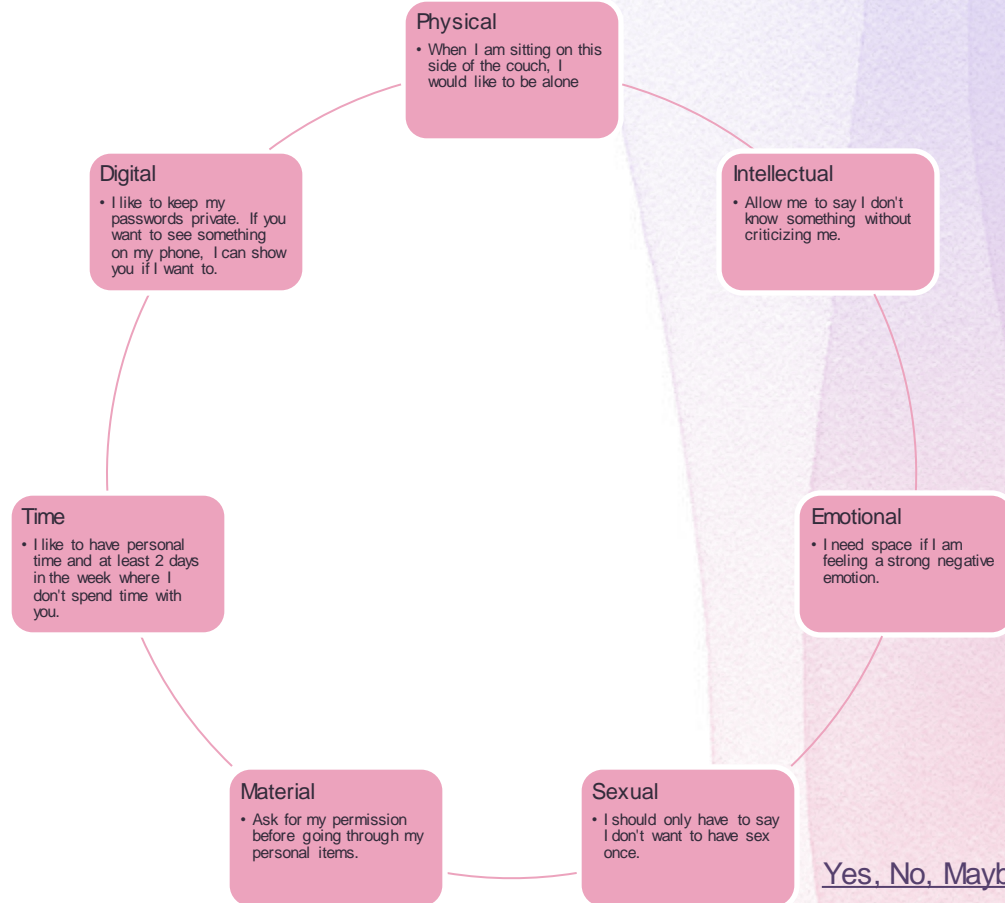
Common traits of rigid, porous, and healthy boundaries.		
Rigid Boundaries	Porous Boundaries	Healthy Boundaries
<p>Avoids intimacy and close relationships.</p> <p>Unlikely to ask for help.</p> <p>Has few close relationships.</p> <p>Very protective of personal information.</p> <p>May seem detached, even with romantic partners.</p> <p>Keeps others at a distance to avoid the possibility of rejection.</p>	<p>Overshares personal information.</p> <p>Difficulty saying "no" to the requests of others.</p> <p>Overinvolved with others' problems.</p> <p>Dependent on the opinions of others.</p> <p>Accepting of abuse or disrespect.</p> <p>Fears rejection if they do not comply with others.</p>	<p>Values own opinions.</p> <p>Doesn't compromise values for others.</p> <p>Shares personal information in an appropriate way (does not over or under share).</p> <p>Knows personal wants and needs, and can communicate them.</p> <p>Accepting when others say "no" to them.</p>

Poll: Which would best describe your professional relationships? Personal?

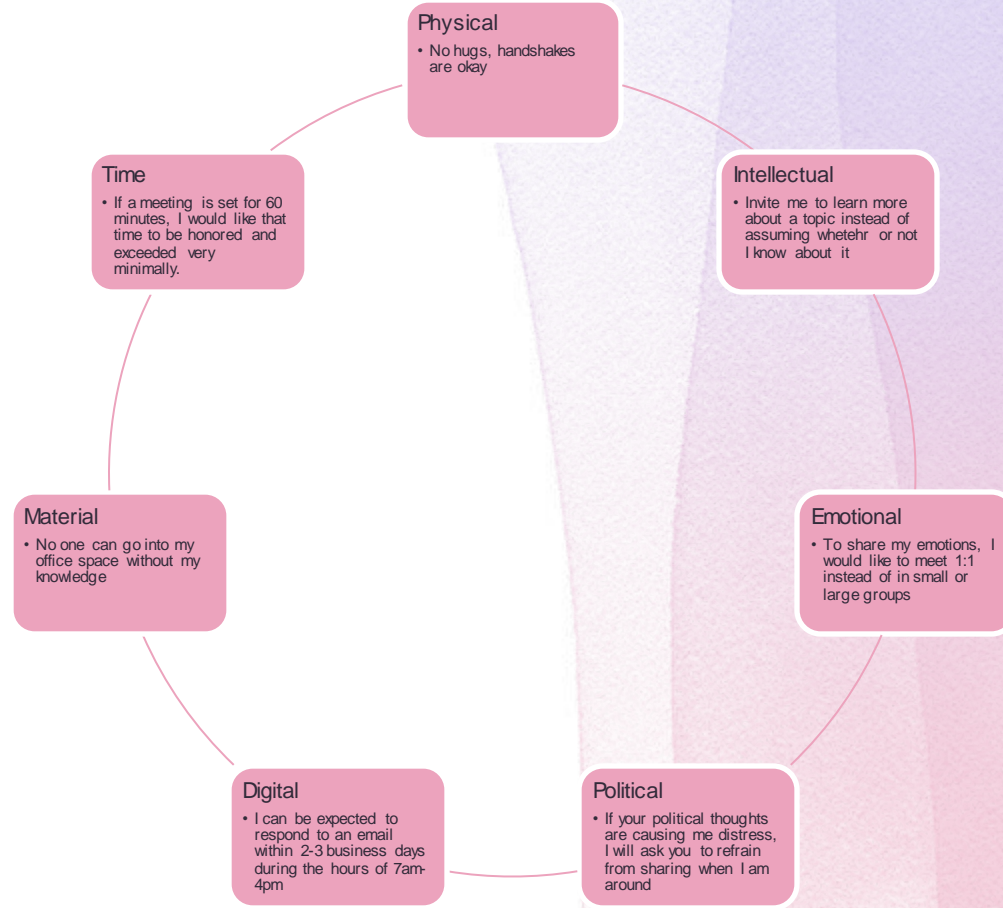
What kind of boundaries should I set?

- SMART- specific, measurable, attainable, relevant, time-based
- Boundaries that are in alignment with your values, goals, self-knowledge, and holistic wellness
- Boundaries that promote connection, self-preservation, energy conservation, integrity
- Boundaries that address/prevent previous or potential harm
- *You can always ease into boundaries

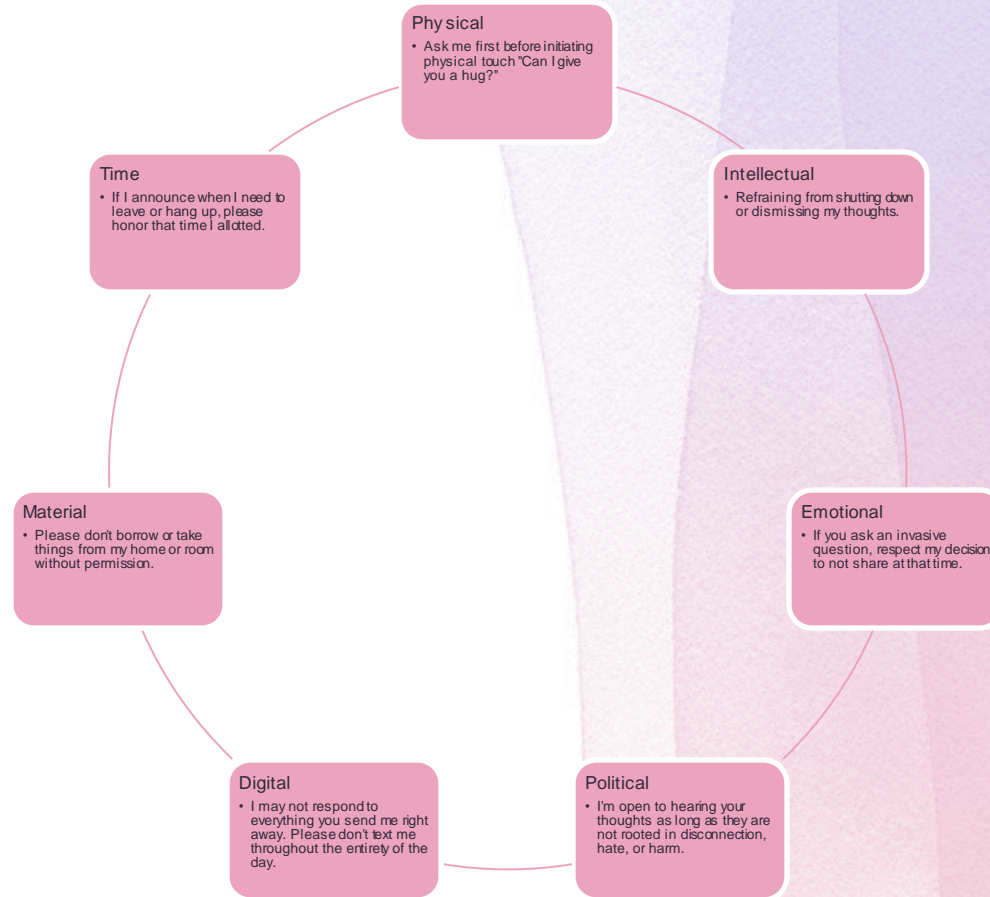
Types of Boundaries - Romantic



Types of Boundaries - Professional



Types of Boundaries - Family/Friend



Advantages of healthy boundaries

Good
mental
health

Good
emotional
health

Developed
autonomy

Developed
identity

Avoiding
burnout

Inform
others'
behavior

How to Set Personal Boundaries

Define

- Identify desired boundary

Stay simple

- Don't overexplain

Communicate

- Say what you need

Set consequences

- Say why it's important

Respecting your partner's boundaries

Source

- ❖ **Ask!** Understanding your partner's boundaries is the first step to respecting them.
 - ❖ It can be difficult to make the choice to respect your partner's boundaries when their boundaries don't match up with whatever it is that you want, but that doesn't make respecting their boundaries any less important.
- ❖ While you have every right to your feelings and needs, it's important to remember that it's **not okay to try to impose them upon your partner or expect your partner to change to fit your needs.**
 - ❖ If you find your boundaries clashing, first start by examining your own boundaries to see if they're possibly putting unhealthy expectations on your partner.

Navigating Push Back- Self Awareness & Confidence is Key

- Spend time journaling about:
 - Your values (list of personal values here), what makes you feel connected to someone, what the expectations of you are, what you expect from others, times you felt taken advantage of, times you overshared, times you felt uncomfortable, times you felt balance

Reflect on:

- Previous or potential push back to boundary setting, what if someone doesn't agree with a boundary that you set? How will you respond to them? Role play these potential scenarios with a trusted friend, family member or therapist. Practice enforcing the boundaries and explaining the need for them without profusely apologizing.

When Boundaries Are Crossed

- Hold that person accountable
- Framing your boundaries conversation:
 - **Personal:** What I need in this relationship for us to be successful is clear communication, and I feel like that hasn't been happening lately and it makes me sad.

Professional: Hi [client's name], I value you and your progress. I want our collaborative efforts to support you as much as possible in a way that is professional.

When Boundaries Are Crossed

Source

Use Me-First Language – explain the problem based on the impact it has on you- not placing blame or being defensive

- e.g. "I value patience and understanding. I am sad when you repeatedly ask me about something I expressed not feeling comfortable discussing. I understand you want to know more about my past experiences but they can be painful to discuss so I would appreciate more time build trust with you before telling you more about that. I don't want to feel pressured."

Use the circle back method- revisiting a previous conversation & asking for a do over, so you can get it right the second time ("hey, I was frustrated before, and I want to circle back to the incident, so we can have a better conversation about it.")

Ask yourself, "is this boundary-crossing something you are willing to tolerate because the relationship with this person is worth it?"

- If you choose to compromise, it is important to release the hurt and anger about the violation in a positive way so that your frustration or venting doesn't impact the relationship in a negative way.

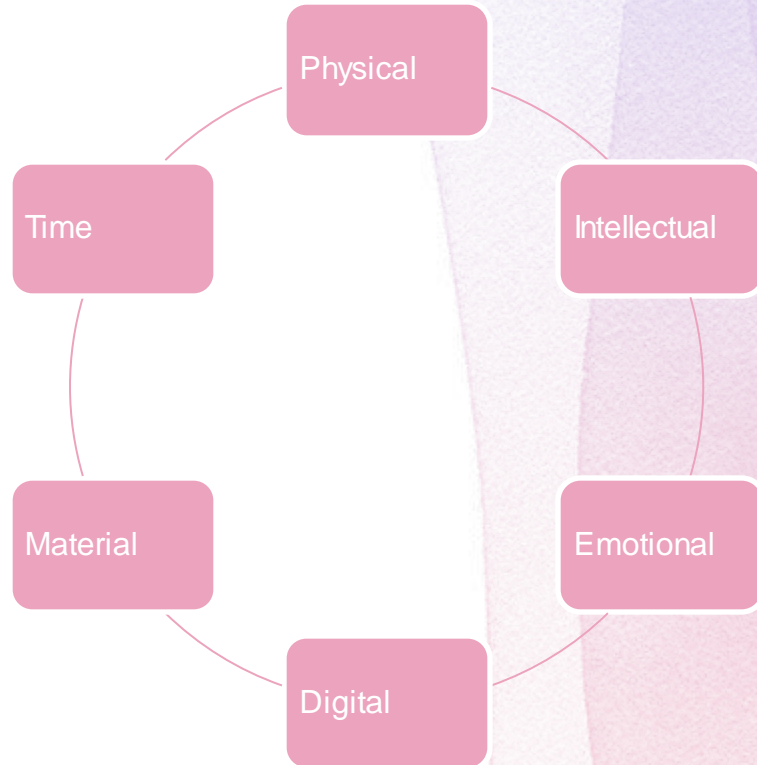
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*“When one person is in control of another, **love** cannot grow deeply and fully, as there is no freedom” (Cloud & Townsend, 2002).*

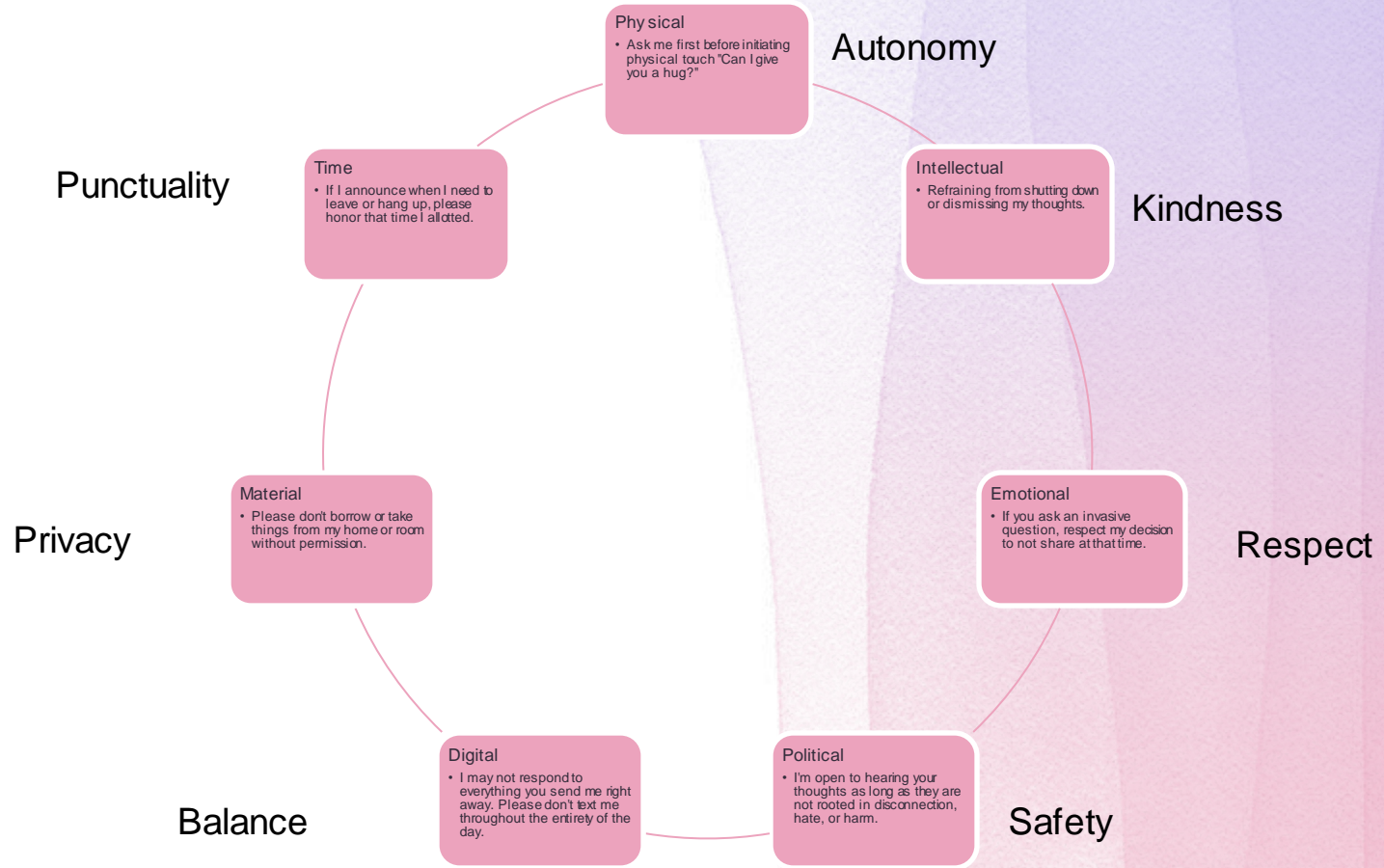
Considering past experience of abuse

- Boundaries can feel **empowering** if a survivor learns more about healthy boundaries and framing them in a way that feels right for them
- Boundaries can feel controlling or **resemble abuse** if framed in a threatening or restrictive way that is rooted in power over
- It may take time, continual practice, exposure, and constant **un-learning and re-learning** to consistently establish and uphold boundaries.
- Learning to **associate healthy boundaries** with a positive sense of self and connection to the other person takes time.
- Survivor may never have said "no" before.
- Often abusers **justify** the reasons for their controlling, manipulative, or isolating behavior. Differentiating the driver of those "rules" from promoting healthy, safe, equal boundaries is important.
- Setting boundaries with an abusive person can be scary and potentially harmful.

*Activity: Write down 1 or 2 boundaries for each category.
Option to attach a value(s) to each.*



Types of Boundaries - Family/Friend



Boundaries during conflict

- Take a breath > use 'I feel' language > take the situation as it is > avoid making excuses > set ground rules > remember you're on the same team
- Sample ground rules:
 - Set a timer – allow one person to talk without interruption for a specific amount of time
 - Identify desired outcomes before engaging in the discussion
 - If insults ensue, the discussion will pause until the person can agree to not verbally attack
 - 48-hour rule- wait 2 days to see if the issue is still upsetting

“

"Some of the most compassionate people are also the most boundaried... Boundaries are not fake walls, not separation, they're not division. They are respect for what's ok and what's not ok for me" -Brene Brown

Additional Resources

- Boundaries Exploration Worksheet
 - Setting Boundaries Worksheet
 - Tips for setting healthy boundaries
- How to set healthy boundaries
- Boundaries for kids worksheet
- Information on healthy boundaries & kids
- Creating Safe and Healthy Boundaries
- Respecting your partner's boundaries
- Setting boundaries with your parents as an adult
 - More on setting boundaries with parents
- Boundaries between advocate and client
- Discussing sexual boundaries in intimate relationships

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Live chat at: www.wadvocates.org

24/7 Crisis Resource Line: 651-227-8284



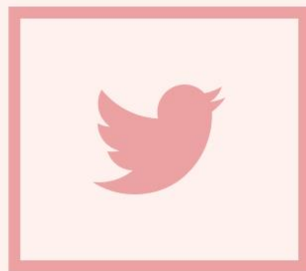
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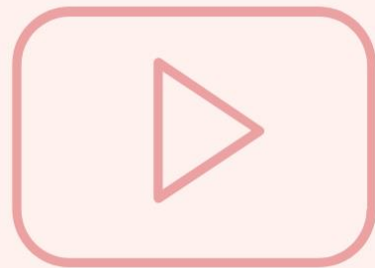
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