

# BALANCED BOUNDARIES II

## WHAT BOUNDARIES ARE MADE OF: 12 COMPONENTS

### FEELINGS & EMOTIONS

Feelings play a huge role in our motivation and behavior. We need to attune to our emotions and feelings in order to connect with ourselves and current reality.

Our emotions are NOT based on facts, but they are as real as it gets in terms of identifying our current reality.

We need to connect, feel, identify, own, accept, and process our own emotions. We are also not responsible for others' emotions... in fact, we cannot be responsible for them.

### BELIEFS

We need to own our attitudes, convictions and beliefs. These all fall within our "property lines." We feel their effect and only we can modify our own beliefs. We learn much of our attitudes and beliefs in childhood.

Thus they are likely subconscious, controlling you in ways you are not aware of. They play a big part in how you operate. It is imperative to question your attitudes and beliefs to filter through what real is versus a fear-based belief.

**FEELINGS** come from your heart and tell you the state of your relationships, if things are going well or if there is a problem. If you feel close and loving, things are probably going well. If you feel angry, you have a problem that needs to be addressed. Your feelings are your responsibility and you must own them and see them as yours so you can begin to find an answer to whatever issue they are pointing to. (Boundaries, pg. 42).

What do you intend to do with your feelings - ignore them, let them be in charge, or take responsibility?

What do you intend to do with feelings of anger? If you are feeling angry right now, what problem needs to be addressed (anger points you toward aspects that need attention)? What do you need to feel safe again?

**BELIEFS** are anything you accept as true. You are responsible for identifying your beliefs are truth or not.

What beliefs are you currently aware of that are causing you pain or influencing bad choices and patterns?

What can you do to bring your attitudes and beliefs in line with truth and acceptance?

Do you tend to feel responsible for others' feelings and beliefs? With who? What will you do to gain a better understanding of what you are responsible for and allow others to be responsible for themselves?

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### BEHAVIORS & CHOICES

Choices have consequences. No matter how you feel in the moment, we need to take responsibility for our choices. If we study, we get better grades. If we go to work, we get a paycheck. If we exercise, we will have better health.

On the other hand, if we are not responsible, partake in high-risk activities, over-eat, cheat, lash out at others, etc., we will have to face the natural consequences of our behavior.

### VALUES

It is common for us to be so caught up in getting the approval of others that we are not aware of the values we hold dear to our heart.

Many of us do not take responsibility for our values or they get pushed aside as we shift into being externally-focused. In order to establish healthy boundaries, you need to identify your true value and ensure you are living aligned with them. Cherish and protect your value system.

**BEHAVIORS & CHOICES** are our personal responsibility. This is the fruit of self-empowerment.

How often do you say things like, "I had to," "I couldn't control myself," "I was in so much pain, I had to make myself feel better," or "He/she made me" to explain why you did or didn't do something?

What choices in your life have you failed to take responsibility for? Who do you blame and for what?

Do you tend to feel responsible for others' choices? Who? What will you do to gain a better understanding of what you are responsible for and allow others to be responsible for their own choices and behaviors?

**VALUES** are what we love and assign importance to. Many of us do not even have a list of our values, let alone the ability to live in alignment with them. With boundaries you will no longer abandon yourself. Instead you will protect that which is most important to you so your heart and self-trust can be nourished and grow.

When have you been caught up in valuing the approval of others instead of the approval of your own heart?

Where might you be seeking power, control, false self-protection, or short-term pleasure in an attempt to fill your deepest longings for love, connection, self-love, values, worthiness, and a sense of purpose?

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### DESIRES

Our desires are within our boundaries; they are our 'property,' our life force, our passion. Each of us has different desires, dreams, wishes, and goals.

We cannot define the real "me" without knowing and honoring our true desires. Many desires are marketed to us by others... but they are not the depth of who we are. For example, wanting to be attractive and sexy is likely a mask for desiring love, affection and an intimate, connected, trusting relationship.

### LOVE

We must open our hearts to receive love. This is a crucial component to life and well-being. Many of us have difficulty giving and receiving love because of hurt and fear.

Having a closed heart, results in feeling empty, isolated and depressed. Our loving heart, like our physical one, needs an inflow AND an outflow of lifeblood. Trust and vulnerability to be truly seen and to ask for what we need are essential components of this lifeblood.

**DESIRES** include wants, dreams, wishes, goals and plans, hungers and longings. Why are so few of us satisfied? Giving yourself permission and the internal structure, the boundaries, to have these desires is essential. Many feel guilty or fear failure and thus do not take responsibility for cultivating their desires.

When have you experienced the fulfillment of a desire? How did it feel? Describe in detail.

List your desires, no matter how out of touch and improbable they may seem.

When it comes to **LOVE** often times we feel unloved because we believe no one loves us, or we haven't found 'the one.' But love includes the ability to allow love in. "Many people do not take ownership for how they resist **LOVE**. They have a lot of love around them but do not realize that their loneliness is a result of their own lack of responsiveness... our ability to give and respond to love is our greatest gift" (Boundaries, pg. 47).

How healthy is the inflow of love in your life? Why healthy relationships nurture you, if any?

How healthy is the outflow of love in your life? Where are you giving to others.

Do you have a healthy balance of in and outflow? Why might you have difficulty giving or receiving love?

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### THOUGHTS

We must own our thoughts and be mindful of them. Thoughts can be toxic, especially if left unnoticed. We may also absorb the opinions and thoughts of others without filtering them through reality and our own wisdom.

Having porous boundaries may be allowing toxic thoughts and others' opinions to dominant our beliefs. We be aware of our inner dialogue, Inner Critic, and correct distorted thoughts so they're grounded in reality.

### RESOURCES & GIFTS

Ensuring ownership over your own financial responsibility and honoring your resources is part of healthy boundaries. We need to be accountable.

Sharing your resources with others through gift giving is an enjoyable experience and a human need, to give and receive. However if you are over-spending or over-giving this is a sign of weak boundaries.

Ensure your cup is full first, before providing and giving to others.

**THOUGHTS** are important reflections of our inner world. Mindfulness is a practice that allows for observing your thoughts. You are not your thoughts. Yet you are responsible for them. We must own our thoughts, accept them, and guide them with clarity if they are distorted or not in line with reality. The most common area we have distorted thoughts is in our self-worth and in relationships.

In the past, did you have distorted ideas about another person? Did you make assumptions? What occurred?

Where might you be failing to see people as they really are?

What story are you telling yourself about yourself and your worthiness?

### RESOURCES & GIFTS

What talents, gifts, abilities, skills and passions do you have? Are you currently using them in life?

How do you feel towards these talents, gifts, abilities, skills and passions?

What is getting in your way of utilizing your gifts and resources in your life? Is fear of failure involved? What steps can you take to overcome fears or whatever is getting in your way of leveraging your gifts?

## WHAT BOUNDARIES ARE MADE OF: 12 COMPONENTS

### EXTERNAL LIMITS

We cannot force or mandate limits on others. However, we can set limits on our exposure to those who mistreat us or are not behaving in alignment with our boundaries.

We cannot make them change, but we can say, "You can behave that way if you choose, but you cannot come into my home." Creating limits and boundaries protects love, because we are taking a stand against things that erode and destroy love, including our own self-love and self-trust.

### INTERNAL LIMITS

Setting limits to build an internal structure to guide and protect yourself from poor choices, impulses and false beliefs is essential for emotional health and overall well-being.

Setting our internal limits helps us create self-trust, self-compassion, self-discipline, and self-care, all which translates into more peace, calm, and self-love. We need to learn to say 'No' to ourselves, as well as learn to nurture and guide ourselves in a balanced way.

### EXTERNAL LIMITS

We cannot change other people or make them capable of connecting with us in a real way, care for us, or behave in ways we want them to. We can create distance from them however.

Where in your life today would you do well to limit your exposure to someone?

Why is this a wise move?

What is keeping you from doing so?

### INTERNAL LIMITS

What impulses do you need to learn to say to 'No' to yourself for.

What good desires and goals do you need to learn to say no to because the timing or person is not right.

How will building healthy boundaries between yourself and your urges help build self-trust and inner calm?

*"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." Brene Brown, PhD*

## QUESTIONS THAT REFLECT MUCH OF THE CONFUSION WE HAVE ABOUT BOUNDARIES per Dr's. Cloud and Townsend

*Boundaries define us and keep us safe. By protecting healthy boundaries we build trust in ourselves, a sense of safety and self-esteem. Our family and past relationships can cause confusion regarding our boundaries.*

How will boundaries help you build trust in yourself and more trust in relationships?

Have you been allowing good in while keeping bad out? What good things from others and the world around you would you like to be more open to receiving?

Have you been asking for help when you need? Describe the last time you asked for help and what occurred.

Are you clearly communicating your needs and wants in a calm and respectful way? Or need to work on this?

Are you keeping the bad in by holding onto toxic relationships or trying to get love from incapable people?

Are you holding onto pain or regrets, rather than opening up to self-forgiveness, and/or the love and support from others (trusted friends, trusted family members, therapists, counselors) that would bring healing?

How will boundaries give you a clearer line of responsibility (what you are and are not responsible for) and thus more time, peace and freedom?

In what areas of your life are you 'watering someone else's yard,' and taking on too much responsibility?

What are the most important aspects you've learned so far about boundaries? In what areas of your life, or with what people do you know you need to start working on building healthier boundaries with first?

*"The ability to build a healthy relationship is based on the degree to which you are able to be clear and honest." Henry Cloud, PhD*