



How to Harness the Power of Boundaries

- Identify the need for a boundary.
- Set the boundary, it may be spoken or unspoken. If spoken, use clear, yet kind language and avoid using guilt or blaming.
- Hold the boundary - commit to following through and knowing your limits.

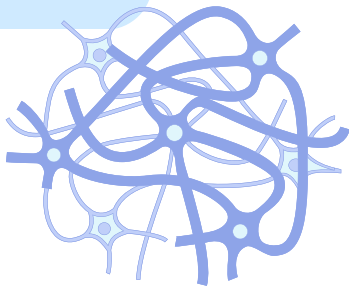


Rewire your thoughts

Some challenges that may arise when trying to withhold boundaries are, guilt and shame, fear of someone's response, lack of safety, people pleasing, conditioning as a child to believe your needs aren't important, etc.

In these moments, the most important boundary you will have is with yourself. This can look like reminding yourself to reframe your thoughts when you are in a compromising situation, or after a boundary was crossed. Reframing your thoughts can look like this:

- Instead of thinking, "I'm a mess", reframe your thought to "I'm human"
- Instead of thinking, "I can't do this", reframe your thought to "I can do hard things"
- Instead of thinking, "I'm a failure", reframe your thought to "I'm learning"
- Instead of thinking, "Why is this happening?", ask yourself, "What is this teaching me?"



Remember: "No" is a complete sentence.

Start using the word "no" more often. "No" is not a bad word and it doesn't make you a bad person for using it.

Saying "no" (or even an ambiguous "yes") to something that is not for you is ultimately saying "yes" to what is for you. The reverse applies too: saying "yes" to something that is draining is saying "no" to something that could be restful or healing to you.

Your "yes" actually becomes more meaningful and valuable the more you say "no". This allows you to be your genuine self and will allow others to be able to trust you when you make decisions.

