

The background features several large, overlapping geometric shapes in muted colors: orange, teal, and red. In the top left, there's a teal circle partially overlapping an orange circle. In the top right, a red shape overlaps a teal circle. In the bottom left, a large red circle is visible. In the bottom right, a teal circle overlaps an orange semi-circle.

# Recap & Next Steps

Taking Your Boundaries Into the World

The image features a solid teal background. Scattered throughout are numerous gold streamers and small confetti pieces. The streamers are thin, wavy ribbons of varying lengths and orientations, some curled and some straight. The confetti consists of small, irregular gold fragments. In the center, the word "Congratulations!" is written in a large, bold, black, sans-serif font.

**Congratulations!**

# Boundaries Hub Activities

## Journal Prompts

- What has been my biggest takeaway from the experience of taking this course?
- What feels different internally after taking this course?
- What feels different in my relationships after taking this course?
- If I haven't taken action yet - what support do I need to help me to push past my resistance?



# Review: Module 1

## ● Course Welcome

- Why boundaries?
- My boundaries philosophy
- Cultural context
- Boundaries and intuition
- Boundaries and social justice

# Review: Module 2

## ● Introduction to Boundaries

- Internal and external boundaries
- Boundaries styles and development
- Signs of boundaries issues
- Boundary violations
- Benefits of good boundaries

# Review: Module 3

## ● Boundaries Myths and Facts

- Boundaries are mean or selfish.
- Boundaries will hurt my relationships.
- The people in your life won't let you set boundaries.
- You are responsible for you.

# Review: Module 4

## ● What to Expect

- Internal experience: guilt, fear, grief, and loss
- Relational experience:
  - Lack of understanding or surprise
  - Changes in relationships and shifting roles
  - Protest behavior
- Expect the mess
- Lots of pluses

# Review: Module 5

## ● Saying “No”

- Requests
- Expectations
- Inquiries
- Behaviors
  - How you are spoken to
  - Behaviors in your presence
- Confront, abstain, lie



# Review: Module 6

## ● Asking for More

Con

- Help
- Emotional needs
- Physical needs
- Resources
- Confront, create distance, leave

# Review: Module 7

## ● **Setting Effective Boundaries**

- Elements of effective boundaries
- NEST
- SMART
- Consequences
- Delivering your boundary
- Keys to success

# Review: Module 8

## ● Internal Barriers to Boundary Setting

- Fear of conflict
- Low self-esteem or self-worth
- Codependency
- Perception of a lack of options
- Reality testing:
  - Cognitive behavioral therapy
  - Managing Reactions
  - Worst case scenarios

# Review: Module 9

## ● When Things Don't Go Your Way

- Reinforce the boundary
- Create distance
- Leave
- Use natural barriers or involve the authorities
- Misconceptions and missteps
  - Trying to change someone
  - Unrealistic expectations
  - Failure to follow through



**What's Next?**

# Empowered Hearts Collective Offerings



**Boundaries Hub  
& Videos**



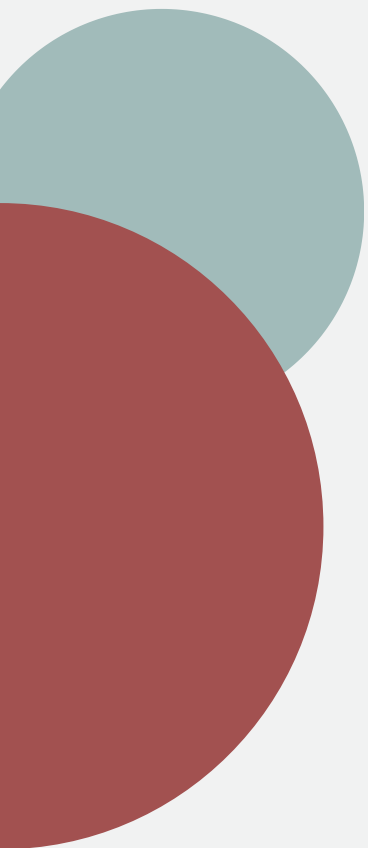
**Blog**



**1:1 Therapy**



**Groups & Retreats**





**Well done!**