



Introduction to Boundaries

Learning the Basics



Boundaries Hub Activities

Journal Prompts

- Which areas of and relationships in my life have the biggest issues with boundaries?
- What are the signs of poor boundaries that I see showing up in my life?
- What kind of modeling did I experience growing up around boundaries?
- What are the messages around boundaries that I took in from my family and my culture?

Recommended Blogs

- Three Key Mantras for Healthy Relationship Boundaries
- Securing Attachment


Extras

- Boundaries Style Quiz
- Attachment Style Quiz



What are boundaries?

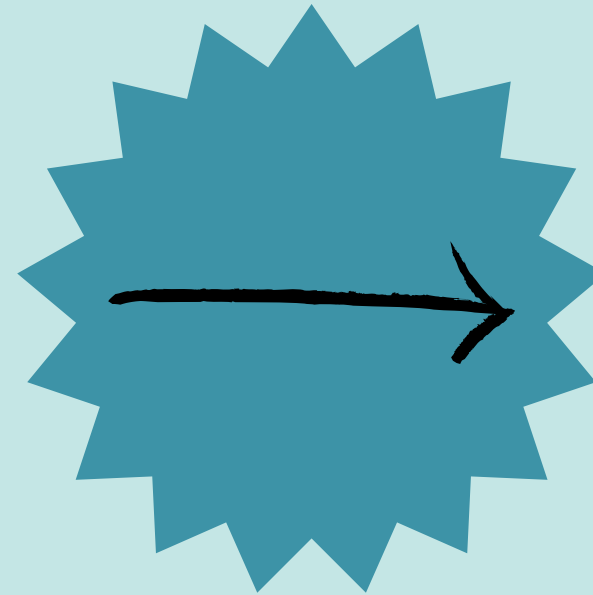
Boundaries are the limits and standards that you set for yourself and others around how you will be treated and what you will and won't do.



Internal & External Boundaries



These are the standards that we set for ourselves, where we hold ourselves accountable.



Our internal boundaries lead naturally into our external boundaries. External boundaries depend on the internal.



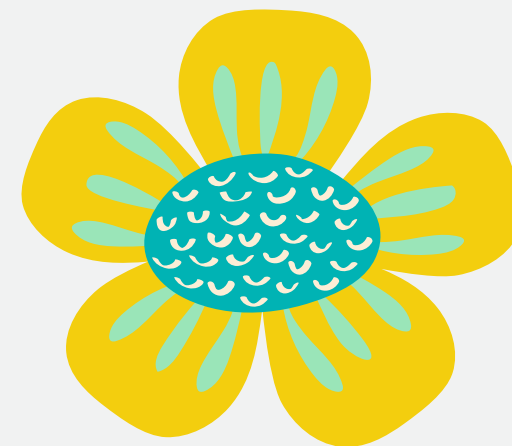
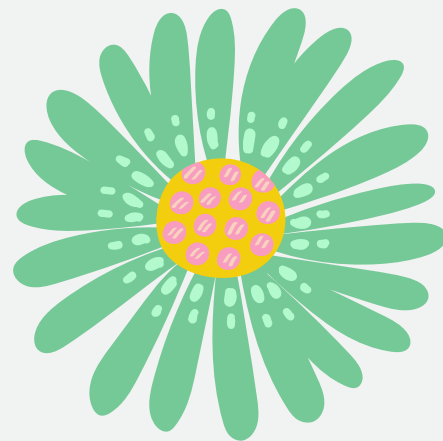
These are the standards and expectations that we hold with others, and the lines that we hold.

Boundaries Styles

**Porous/
Weak**

**Rigid/
Inflexible**

**Flexible/
Appropriate**



Boundaries Style Development



Culture & Environment

Our broader culture, social structures, and family environment are all factors.



Attachment Style

Attachment styles include secure, anxious, avoidant, and anxious-avoidant.

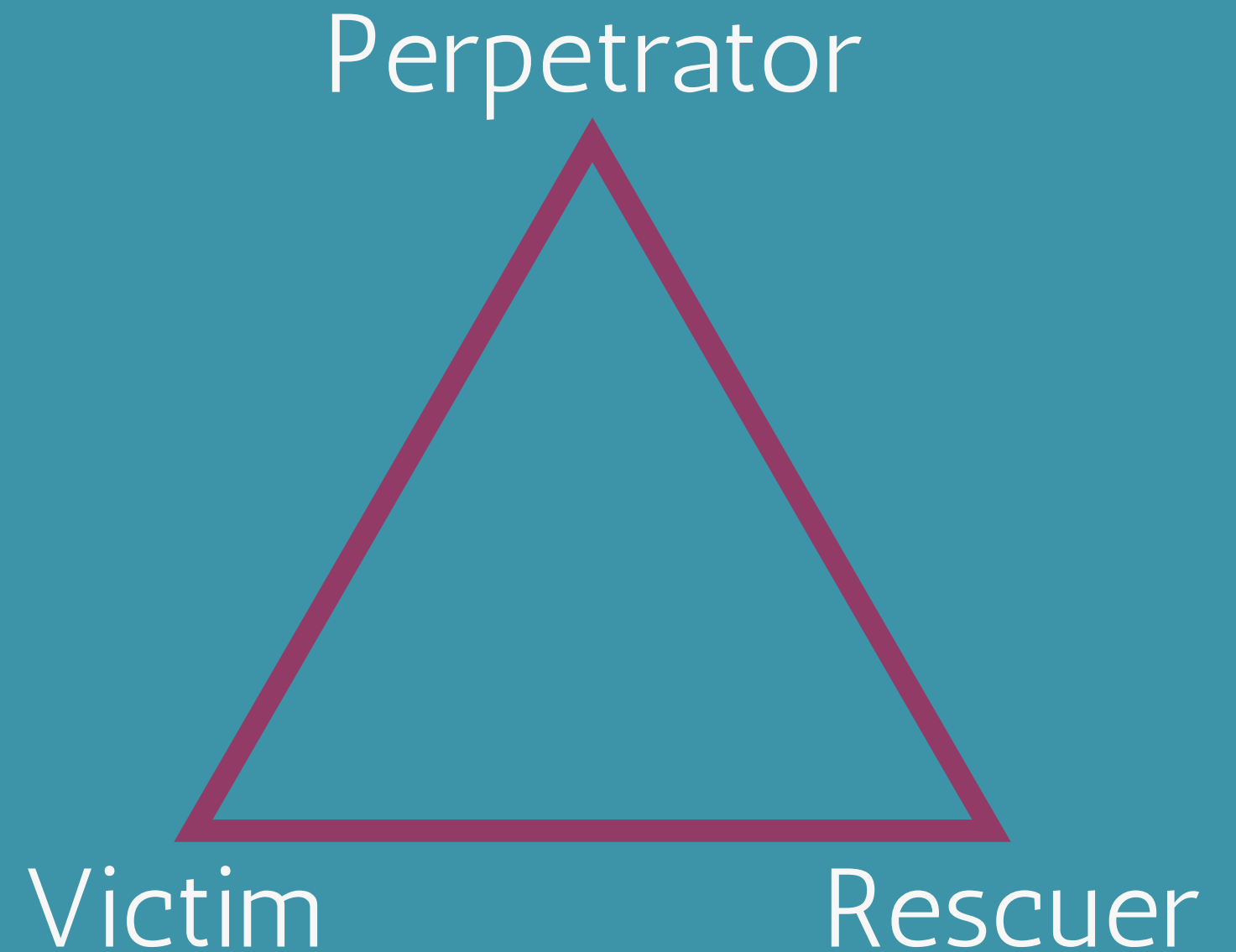


Temperament

Our natural temperament will influence our level of tolerance for conflict.

Karpman's Drama Triangle

- Boundaries issues are linked to roles of victim and rescuer.
- You don't have to participate.



Signs That Your Boundaries Need Work

● Personal

- Exhaustion
- Burnout
- Resentment
- Feelings of unworthiness

● Relational

- Passive aggression
- Blow ups
- Shut downs
- Repeated circular arguments

Boundary Violations



01

Pressure to conform to meet other people's desires

02

Unrealistic expectations

03

Inappropriate tone and use of language

04

Overriding sense of "ickiness"



Where Boundaries Issues Show Up

- Friendships
- Family relationships
- Partnerships
- Work
- Social media
- Pets
- Communities



Benefits of Strong Boundaries

● Personal

- Reduced stress
- More energy
- Increased creativity
- Greater balance
- Heightened joy
- Self-esteem

● Relational

- Reduced resentment
- Decreased blow ups and shut downs
- Deeper connections
- More honesty
- Healthy modeling

Authenticity, Integrity, & Self-Worth

- High self-worth fuels good self-care.
- Good boundaries are about honesty.
- Boundaries make you a safer person.





Review

What you learned today.

- **Defining boundaries**
- **Internal and external boundaries**
- **Boundaries styles**
- **Signs that your boundaries need work**
- **Boundary violations**
- **Benefits of good boundaries**



Take Care!