



When Things Don't Go Your Way

Bouncing Back, Responding, and Rerouting

Boundaries Hub Activities

Journal Prompts

- Which boundaries misconceptions are getting in my way? What do I need to heal in order to get past these barriers?

Resources

- Attachment style quiz

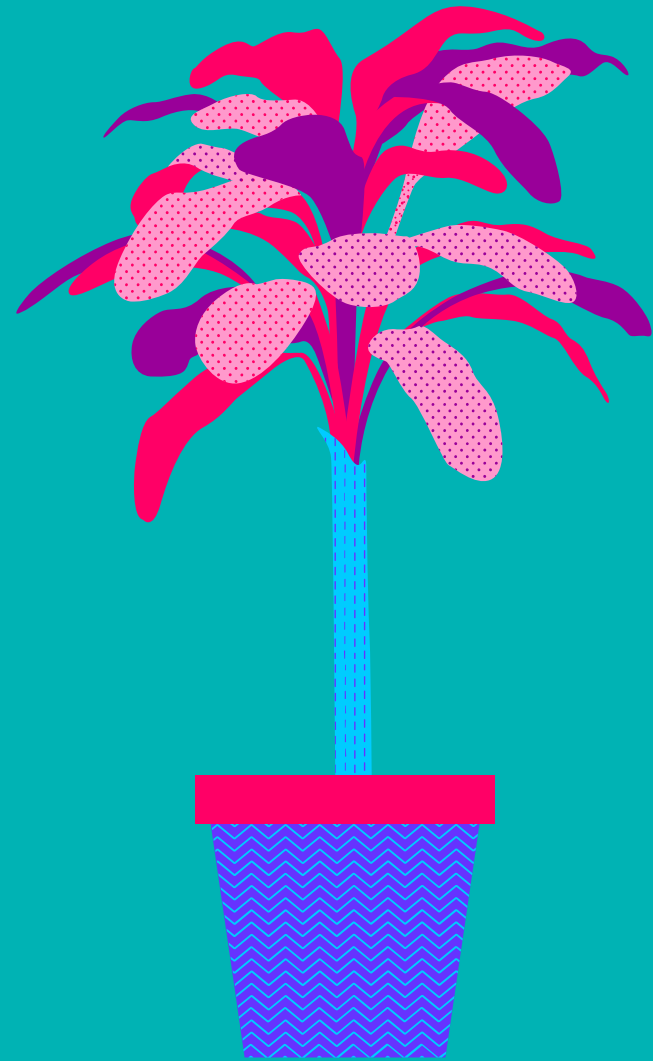


Quick Review - What to Expect



- Protests and tantrums
- Ignoring
- Shock and surprise
- Learning new roles

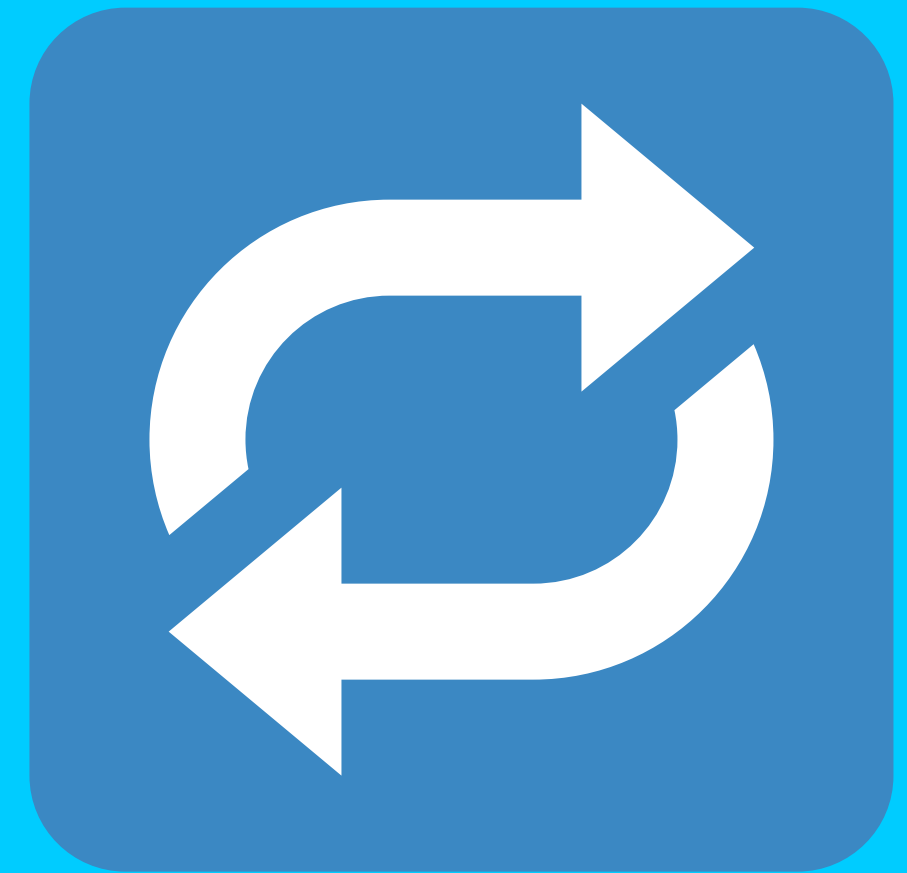
When Your Boundaries Aren't Respected



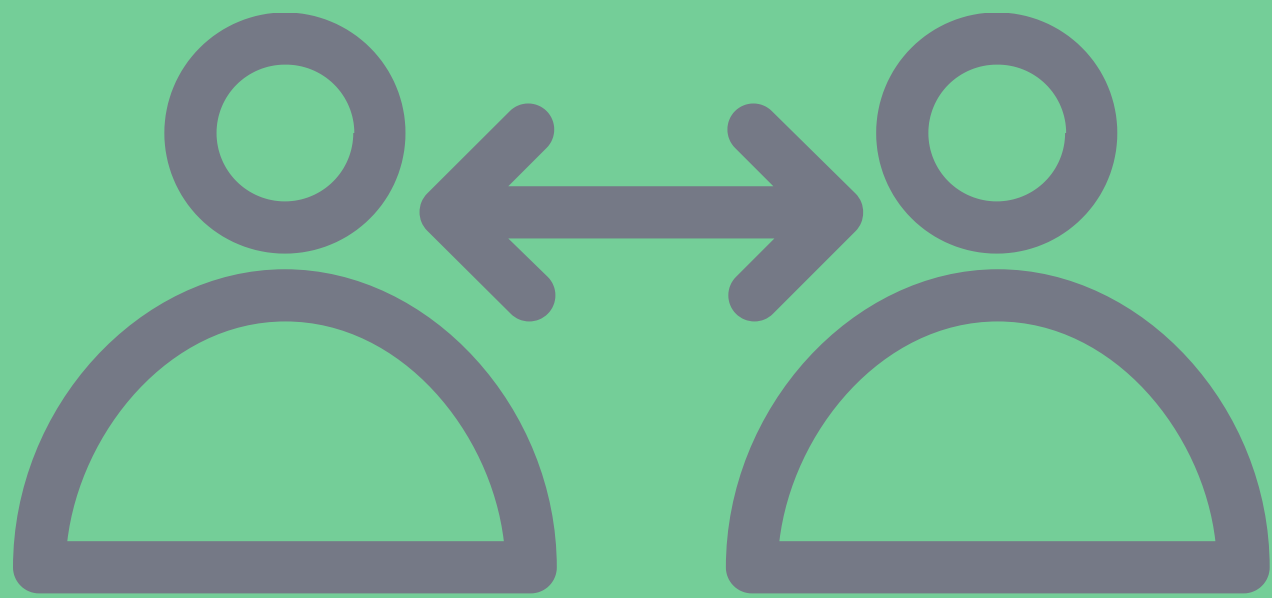
1. Reinforce the boundary
2. Create distance
3. Leave
4. Create natural barriers
5. Involve the authorities

Reinforce the Boundary

- People naturally resist change.
- Repeat your boundary calmly and firmly.
- Review your motivations.



Create Distance



- Boundary setting is very revealing.
- Some relationships will show cracks.
- Creating distance takes many forms.

Leave the Situation or Relationship

- Some relationships or situations will need to end.
- You can't control others. You can only control your own choices.
- Protest behavior is common, but emotional abuse is unacceptable.



Create Natural Barriers



- You have the right to end a relationship.
- You may need to cut off contact.
- Use technology to set natural barriers.

Involve the Authorities

- Physical danger is a real concern in extreme situations.
- Access local supports to help you in your process.



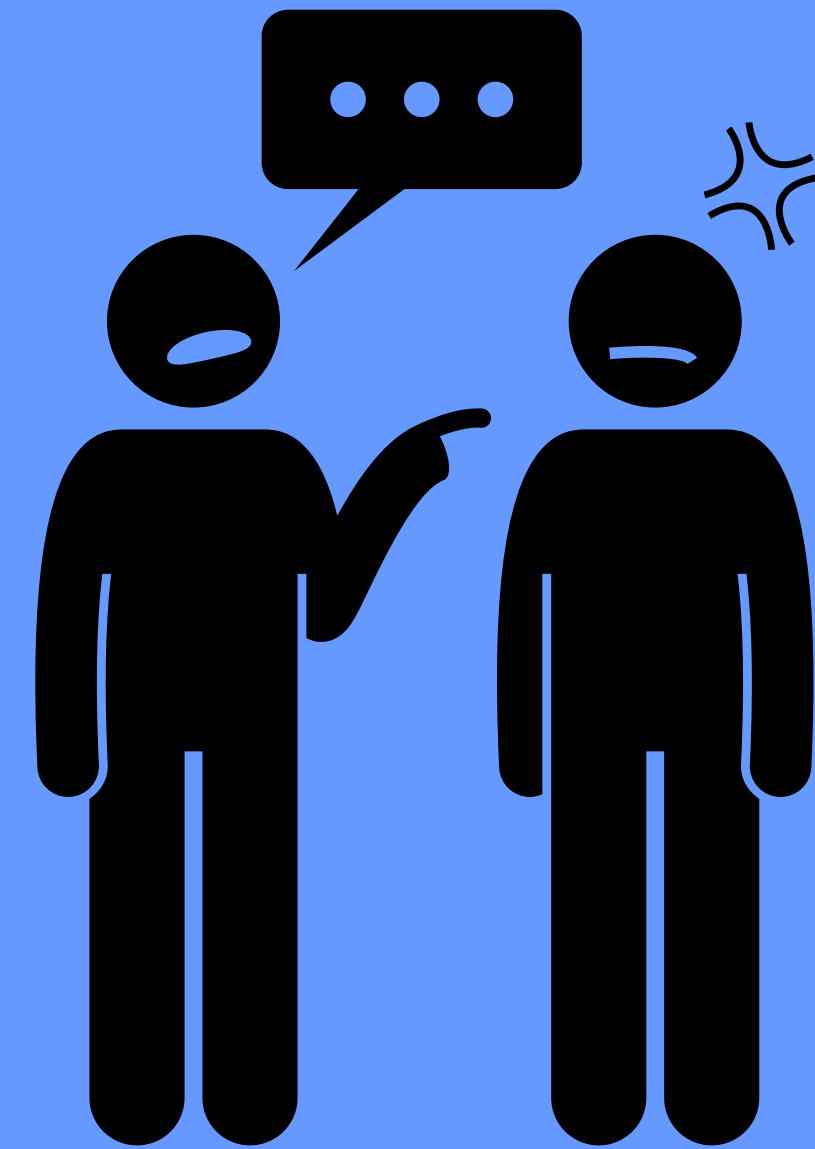
Misconceptions & Missteps



- Trying to change someone
- Unrealistic expectations
- Failure to follow through

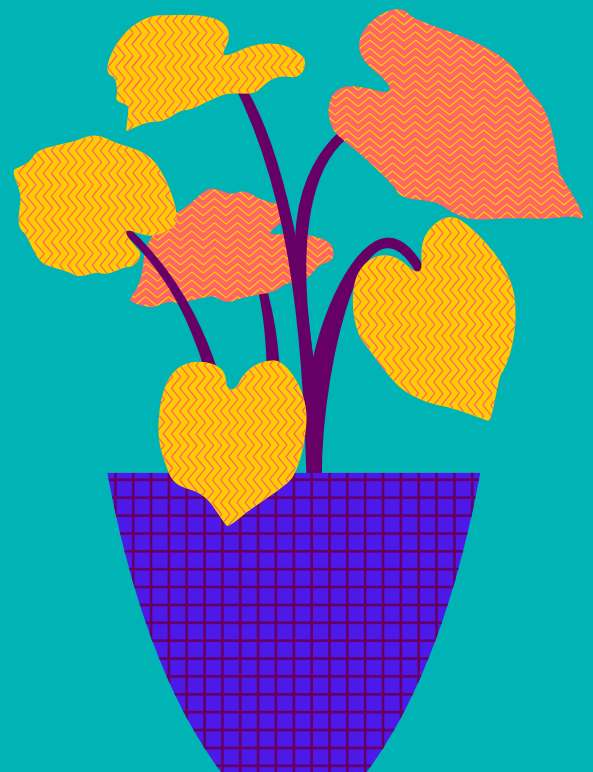
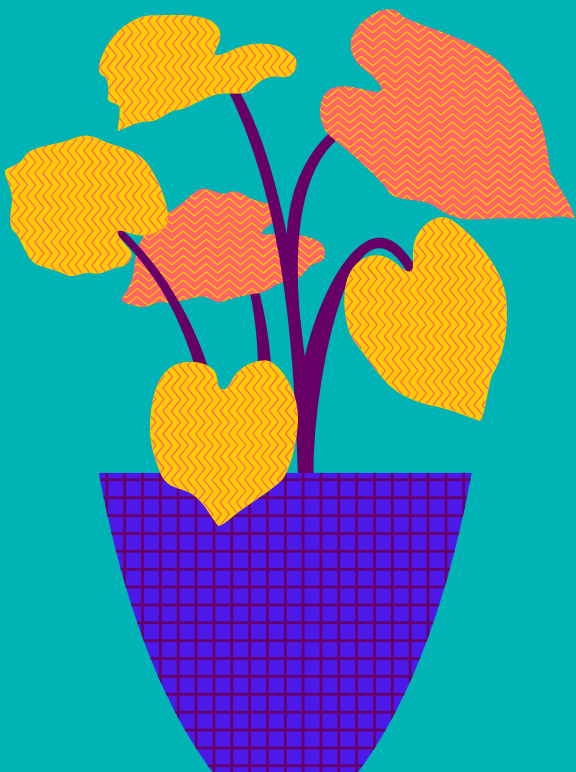
Trying to Change Someone

- Setting boundaries does not mean forcing our will.
- Our boundaries are about us.
- Attempting to change others causes pain, disappointment, and wasted time and energy.

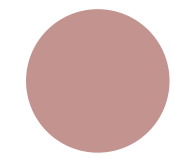


Unrealistic Expectations

Unachievable boundaries are not likely to get you what you want, and may even negatively impact your relationships. Flexibility and realistic standards are key.

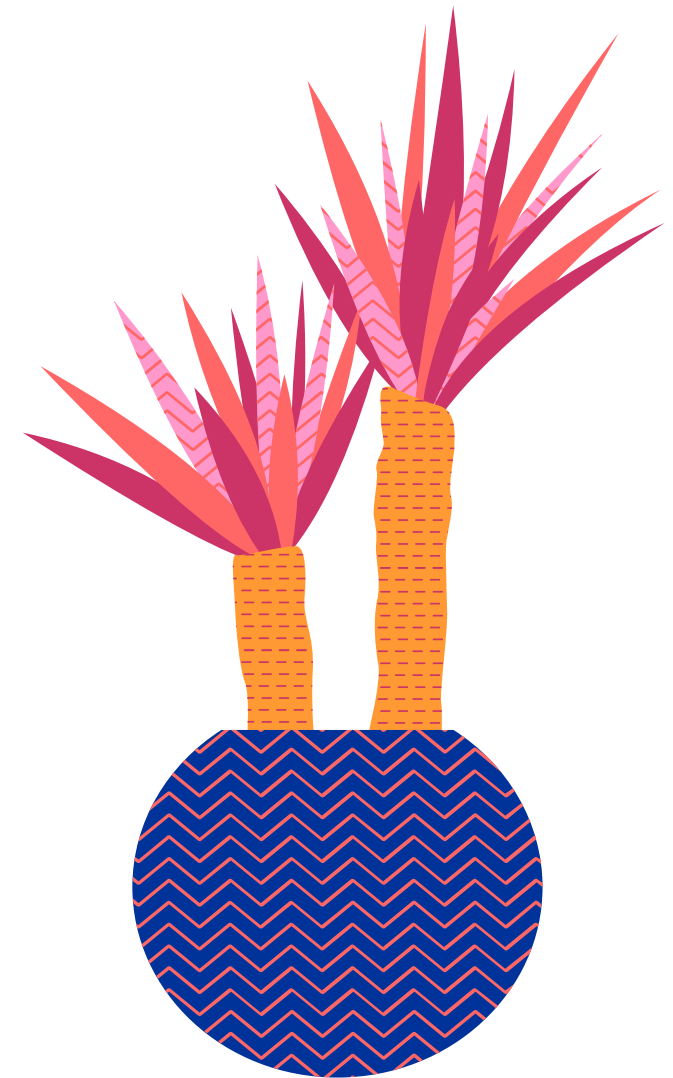


Overly Rigid Boundaries



Inflexibility

- Black and white parameters
- Unwillingness to compromise
- Failure to take in new information



Attachment Style

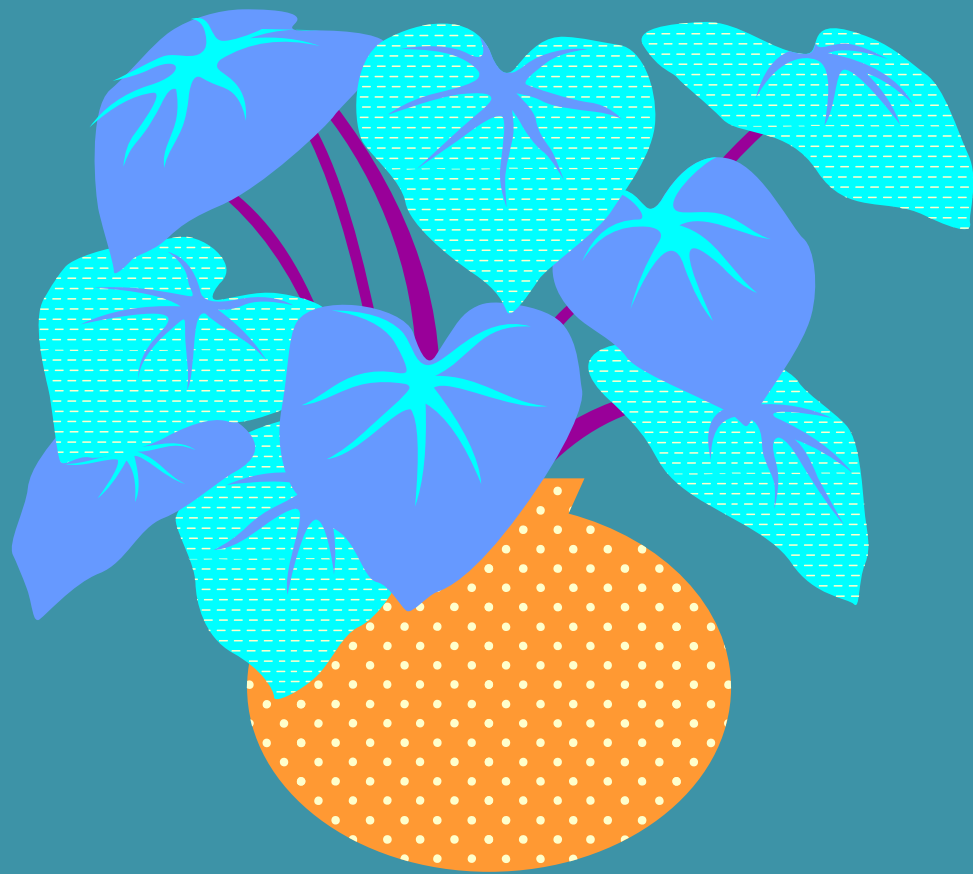
- Avoidant attachment
- Emotional protection
- Setting up to fail



Failing to Follow Through

Failure to:

- Pull your weight
- Follow through on commitments
- Contribute to shared enterprises





Review

What you learned today.

- **When your boundaries aren't respected**
 - Reinforce the boundary
 - Create Distance
 - Leave
 - Natural Barriers
 - Involve the Authorities
- **Misconceptions and Missteps**
 - Trying to change someone.
 - Unrealistic expectations
 - Failure to follow through



Keep it up!