

ACTION STEPS TO SET PERSONAL BOUNDARIES

Creating and maintaining personal boundaries is one way for you to drastically improve your life. This section will show you how to stand up for yourself, set personal boundaries, and free yourself from the “disease to please.”

The first step to set boundaries is self-awareness. Pay attention to situations where you are not comfortable, your energy is low, and you feel emotionally challenged. Identify where you need more space, self-respect, energy, or personal power.

To wake up Miss Awareness, please complete the following sentences with at least 10 examples. Feel free to use an additional page if you need more space.

People may not _____.

Examples: Humiliate me in front of others; criticize me; go through my personal things.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

I have the right to ask for _____.

Examples: Privacy; time and space; more information about the job I need to perform; the classes that my kids are going to attend; more information about the medication before taking it; support.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

To protect my time and energy, it is ok to _____.

Examples: Change my mind; turn the ringer off my phone; say no.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

UNDERSTANDING AND CREATING YOUR PERSONAL BOUNDARIES

In the space provided, list at least 5 boundaries from any area of your life that need strengthening. In the space next to the boundary, identify a potential solution to that boundary issue. The solution could be anything from having a conversation with the person crossing the boundary to removing yourself from the situation. You may review the videos from the week that we explored the topic of boundaries for more information. Here is an example:

The boundary being crossed is ...	The action I will take is ...
<p>EXAMPLE: I want to lose weight, but my mom cooks me delicious traditional dishes that are not part of my healthy diet plan. I don't want my mom to think I am rejecting her when I say NO to her food. I want to share with my mom a love connection. Nevertheless, I don't want to feel uncomfortable saying NO to something I know she prepares with love and wants me to enjoy.</p>	<p>EXAMPLE: MI plan to talk to my mom about my goal to lose weight and feel fit. I am going to ask her to support me and understand that when I say NO to her food, I am NOT saying no to her. On the contrary, I would like to find ways that my mom and I could spend time together. So, I will ask her if she would like to join me on walks in the park during the evenings.</p>
1.	
2.	
3.	
4	
5	