

HOW TO WORK OUT YOUR BOUNDARIES

Your personal boundaries are ultimately the line between what you are willing to accept in a relationship and what you are not willing to accept. We may be willing to accept things we don't want to accept. So being clear on our willingness can help us communicate the difference between our wants and needs.

What to Do:

STEP 1 - Identify the issue that you want to boundary

STEP 2 - Ask your Emotional Mind what it wants (you can be honest here, even if you know what you want is not reasonable)

STEP 3 - Regulate, and connect with your 'Wise Mind' and ask yourself 'What am I genuinely willing to accept?' (you don't have to want to accept - just ask what you are willing - be as generous as you possibly can.

STEP 4 - Counter your willingness, by asking your Wise Mind - 'what am I not willing to accept?'

STEP 5 - Ensure for every 'willing' there is a 'not willing', and for every 'not willing' there is a 'willing'

Trouble Shooting:

Do not say you can tolerate something that in truth you can not. Eg, Say you can tolerate your partner being friends with an ex, if in truth this is too hard for you.

Do Not: Say you are not willing to accept something, then continue to accept it - ie if you do X I will leave. They do X and you stay.

Remember: They have a right to set boundaries too, and if your boundaries clash the relationship needs problem solving or sometimes ending.

'The word Boundaries' is often referred to in good interpersonal skills training, ie, 'you need to communicate your boundaries', or 'stick to your boundaries', but exactly how do we work out what our boundaries are?



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What I Want!	What I Am Willing To Accept/ Tolerate	Your Boundary Line	What I Am Not Willing To Accept/ Tolerate	Consequences
<p>Example 1: I want you to choose to spend all your spare time with me.</p> <p>Example 2: I want you to be financially responsible, get out of debt and not assume I'll bail you out. In fact, it would be quite nice if you treated me sometimes!</p>	<p>Example 1: I am willing to accept that you have friends and family as well as me, and you don't want to be here with me all the time.</p> <p>Example 2: I am willing to accept that your money management skills are not as strong as mine, and you may not be able to afford to do all the things I want us to do.</p> <p>i am also willing to help if you are really desperate.</p>		<p>Example 1: I am not willing to be in a relationship where i never know when i might next see you.</p> <p>Example 2: I am not willing to give you money to help you buy food, pay bills etc to then find out you spending your own money on partying or new trainers.</p>	<p>Example 1: Ending the relationship</p> <p>Example 2: I will no longer be willing to help you out when you are in need of money, you will have to work that out for yourself or ask someone else.</p>

When Someone Crosses Your Boundaries

FIRST TIME THEY CROSS YOUR BOUNDARY: If you can, give them the benefit of the doubt, they may not have realised your boundaries. Use this as an opportunity to be explicit about your needs and expectations going forwards.

SECOND TIME: This is for you to decide how important the issue is, you can offer a further reminder or move to consequences.

THIRD TIME: Apply a consequence appropriate to the issue

FOURTH TIME: There shouldn't be a fourth time! You either need a stronger consequence, or you need to go back to troubleshooting. Are you sure you are being true to your own boundaries?