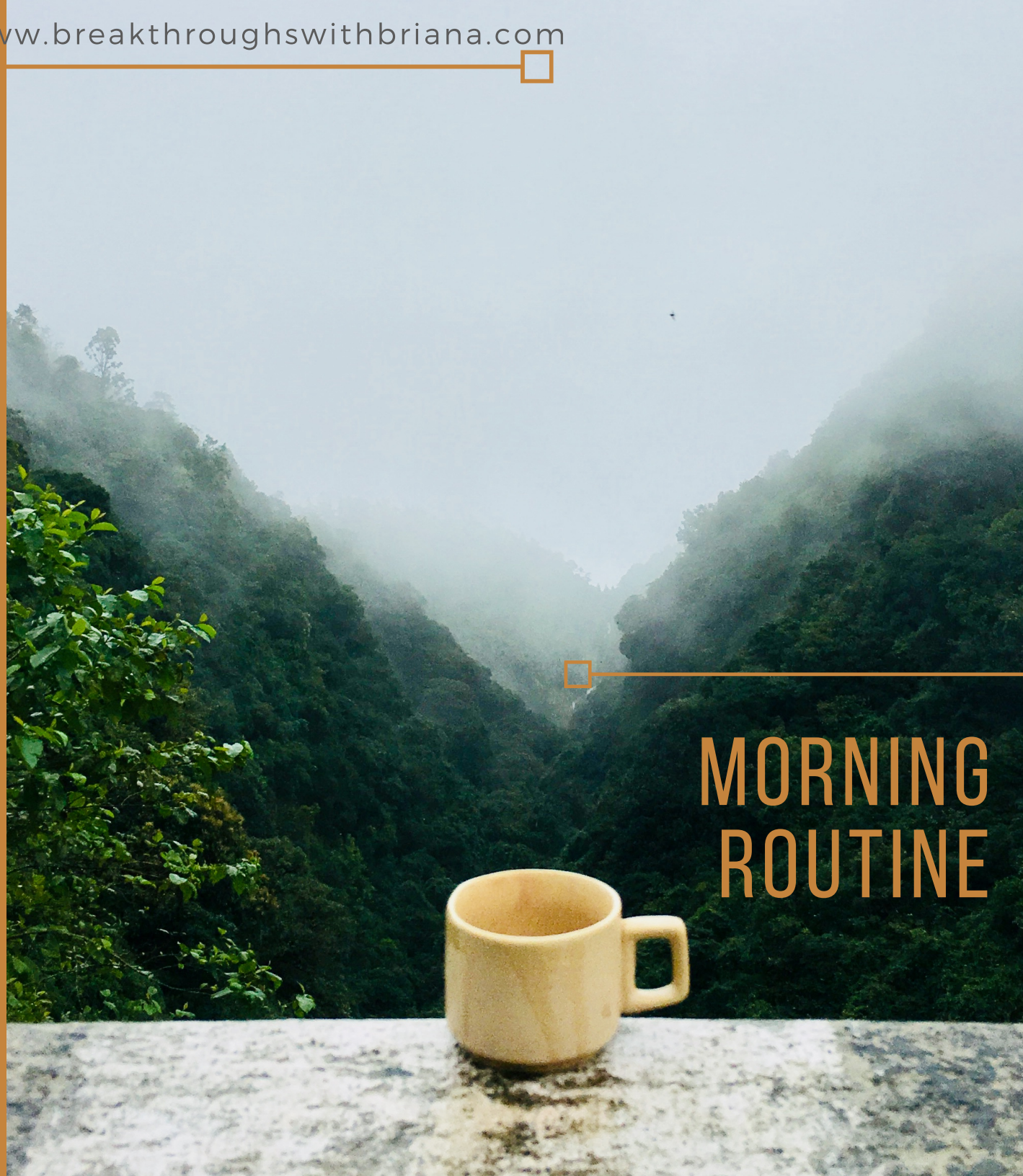


A QUICK
GUIDE
TO
SETTING
BOUNDARIES

MORNING
ROUTINE



A FEW SCRIPTS FOR BOUNDARY SETTING

Setting boundaries with family and friends can be difficult at first. It's important to be patient with others, communicate clearly, and to stand up for yourself.

This process often fails when we get a negative response from the person we are setting new boundaries with. Do not be discouraged when others respond defensively or if they do not understand you.

This is a great opportunity to honor yourself and increase your self worth.

EXAMPLES:



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BE BOLD
AND
VERY
COURAGEOUS

Say "No"

GET USED TO IT.

Saying no is not disrespectful or rude especially when you are setting boundaries that will better yourself, increase your productivity, or make you feel safer.

If you feel like you are in the wrong for saying "no" remind yourself that you are worthy of setting boundaries.

It will be uncomfortable at first but as you stay consistent in setting new boundaries, others around you will adjust.

"Please respect my quiet time."

This is pretty straight forward and has a nice approach to it. As long as you are bold and stick to your expectations, people will respect you as you set boundaries .

As you make time for your morning and night routine you will be teaching others that they deserve to make time for themselves too.

"I'm uncomfortable when..."

This is a great statement to use when people do not respect your personal space. I have met clients who do not feel comfortable healing while living with family members and they often use this as a reason to postpone their growth process. We are able to thrive in any circumstance. It just requires us to make changes to the environment.

HOW TO DO THAT

Explain why you feel uncomfortable and include how you plan to make yourself feel safer.

"I feel uncomfortable when you don't knock before coming into my space. Please knock and wait for my response."

Ignores phone call

DECLINE OR ACCEPT?

This is my all-time favorite boundary. We live in a world where everyone seems accessible at any moment. I learned that I'm not always in the best mood when people try to contact me. Even if I'm not busy at that exact moment but I'm about to leave the house or preparing for a meeting or simply enjoying a song- I'm unavailable. I kindly follow up with a text letting them know I'm busy and will contact them later or I reach out when it's more convenient.

ASSESS BEFORE DECIDING

- Do I want to talk to this person right now?
- Am I in the mood to socialize?
- Am I overly available to this person?
- If I answer this call will I be disrupting my peace?
- How do I usually feel after talking to them?

Maintain your sanity

1. VALUE YOURSELF AND YOUR TIME

2. GIVE YOURSELF PERMISSION TO TAKE CARE OF YOURSELF

3. ANTICIPATE RESISTANCE

4. KNOW YOUR TRIGGERS