



Awareness

of Your Personal Boundaries

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



Self-Awareness

The first step to set boundaries is self-awareness. Whereas security alarms signal when physical boundaries are crossed, you have to rely on your own internal alert systems to determine when your emotional, physical and psychological boundaries are infringed upon

Pay attention to the situations when you are low on energy, feel butterflies in your stomach, or want to cry. Identifying where you need more space, self-respect, energy or personal power is the first step.

Boundary Chart

To create a 'Boundary Chart', start by examine past experiences, where you felt discomfort, anger, resentment or frustration with an individual. It may have been because your limits had been crossed. What would you have been more comfortable with?

To create the 'Boundary Chart', outlines each boundary per each of your personal relationship categories. Then fill it in with the boundary criteria you feel uncomfortable and unsafe with “I don't feel comfortable when my new male colleagues sits too close to me at lunch”. Then identify a comfortable boundary in the same relationship: Instead “I prefer when they sit opposite me.”



Relationship Category	I feel uncomfortable/unsafe when	Instead, I feel comfortable/safe when
Partner		
Close Family		
Friend		
Colleague		
Stranger		

This boundary chart enables you to see your limits in front of you, drawing awareness to them. You can then adjust your boundaries to what you feel more comfortable with. In addition, this template will give you a benchmark to assess when someone may be overstepping your boundaries. Your boundary criteria will evolve over time, so be sure to continuously update your chart with your growing experience and resulting needs.

Another way to identify your boundaries is by completing these following sentences with at least 10 examples. Use this format as a way to personalise the boundaries that important to you.

01. People may not _____.

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

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |

02. I have the right to ask for _____.

Examples: Privacy, support, space, more information about a medication before taking it.

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |

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

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

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |

