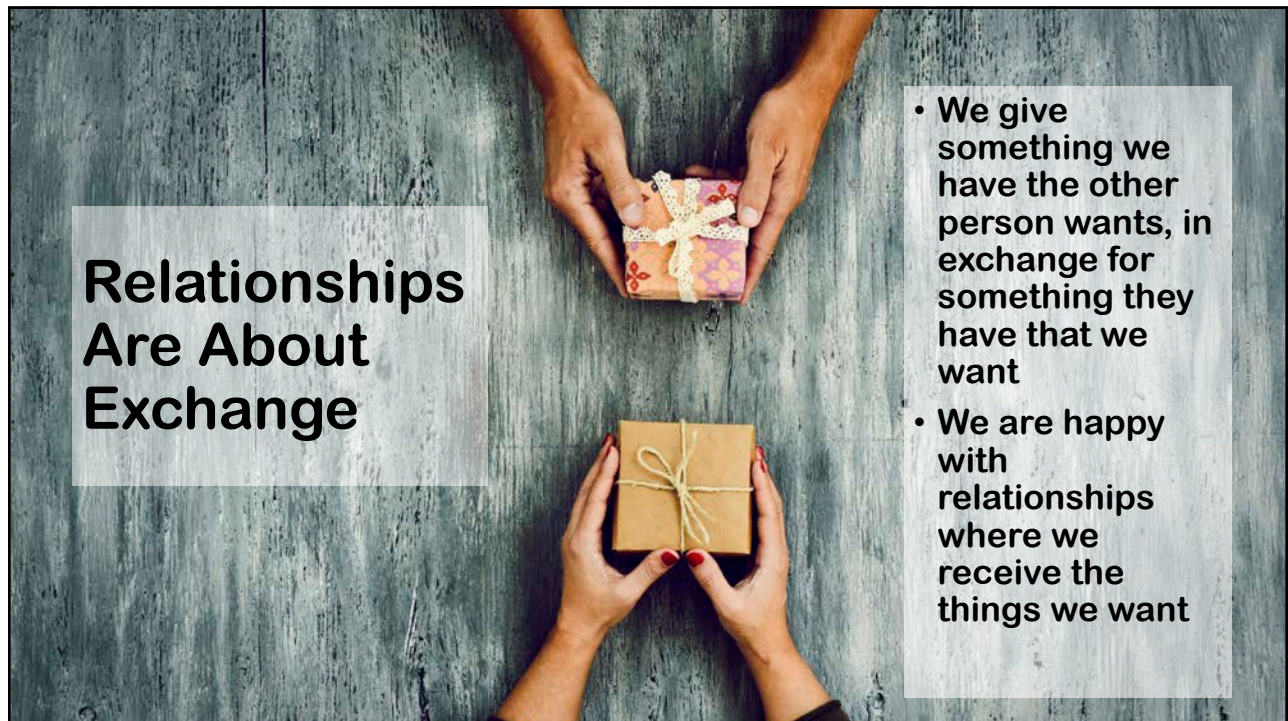




Setting Healthy Boundaries



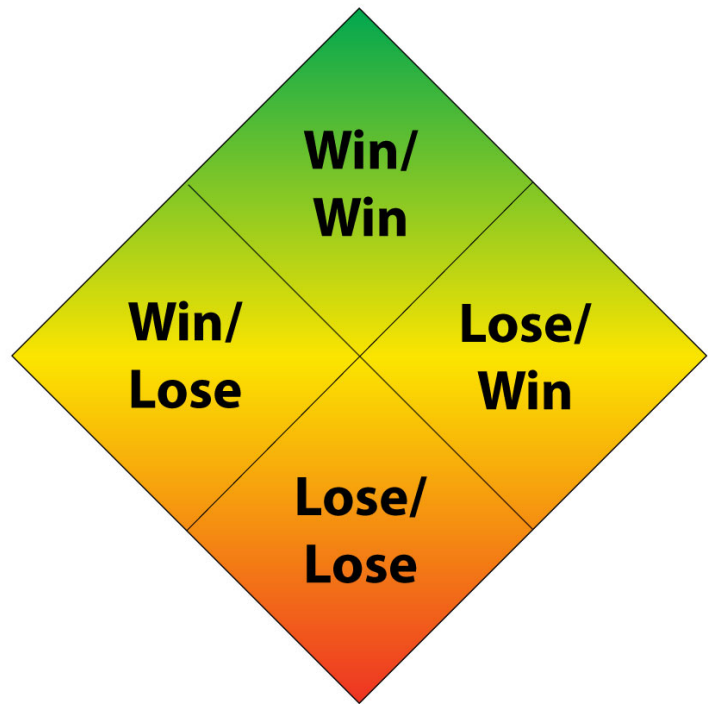
Relationships Are About Exchange

- We give something we have the other person wants, in exchange for something they have that we want
- We are happy with relationships where we receive the things we want

The Four Possible Exchanges		You win	You lose
	I win	Win/ Win	Win/ Lose
	I lose	Lose/ Win	Lose/ Lose

Win/Win Must Be the Goal

- In relationships win/win is the only winning game
- Win/Lose and Lose/Win are unstable situations and ultimate deteriorate into Lose/Lose



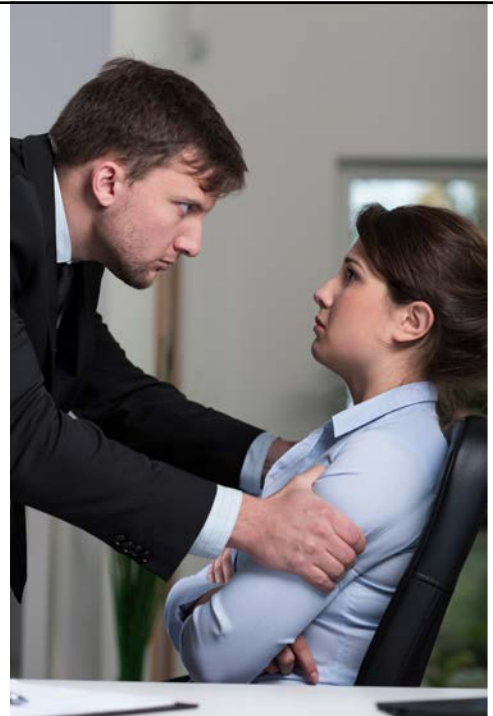
The Lose/Win Philosophy

- Your needs are more important than mine
- I am a victim
- I am unworthy of winning
- I have to tolerate being mistreated to be a good person
- This path ultimately leads to discouragement, depression and resentment on your part



The Win/Lose Philosophy

- My needs are more important than yours
- I am in charge
- You don't deserve to win
- It's OK for me to harm you because you deserve it because of what you did to me
- This path leads to constant irritability, frustration and love-less relationships



Arguments Are Power Struggles



- When we argue we are trying to make the other person lose so we can win
- It always takes two people to make an argument
- Learn to side-step the struggle for power

The Win/Win Philosophy

- “A frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win/Win means that agreements or solutions are mutually beneficial, mutually satisfying.. all parties feel good about the decision and are committed to the plan.”

- Stephen R. Covey





Suppressed Anger

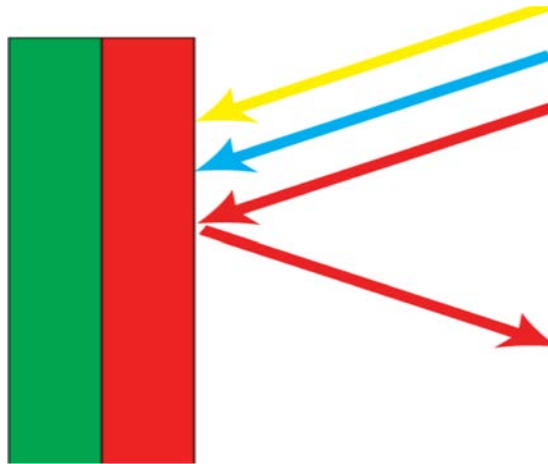
- When anger is suppressed, a person has a difficult time saying “no” to others. They sacrifice their own needs trying to please others and take care of them.
- Suppressing anger causes you to lose your personal power and allows others to “leech” off of you, which ultimately drains your energy
- This results in low energy, which manifests as discouragement, fatigue, loss of enthusiasm and even depression.

Physical Symptoms That One May be Suppressing Anger

- A lack of immune “shielding,” which can result in frequent infections, parasitic invasions, auto-immune disorders and cancer
- Compromised detoxification, which manifests as toxicity, constipation, bladder problems, liver and gall bladder diseases and environmental illness
- Shallow breathing and a hiatal hernia, tension in the neck and shoulders which can result in frequent headaches and ultimately a “hunched over” defeated posture

Manifest vs. Unmanifest

- A person's manifest nature (what they show on the outside) is typically the complete opposite of what they hide on the inside
- Angry people are hiding an inner insecurity
- People pleasers are hiding an inner anger



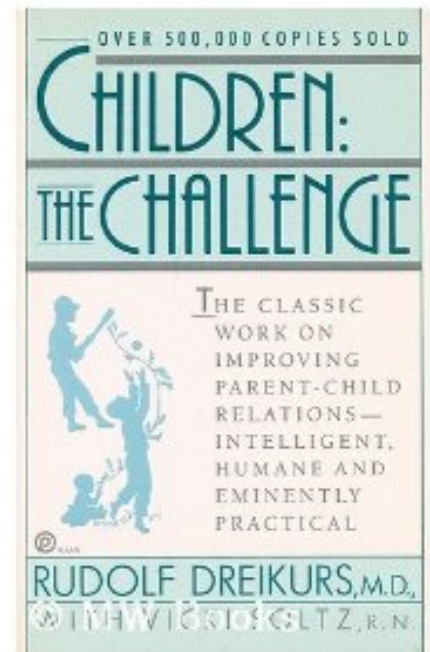
The Inner and Outer Self

“There are many roles that people play and many images that they project. There is, for example, the “nice” man who is always smiling and agreeable. “Such a nice man,” people say. “He never gets angry.” The facade always covers its opposite expression. Inside, such a person is full of rage that he dares not acknowledge or show. Some men put up a tough exterior to hide a very sensitive, childlike quality. Even failure can be a role.”

— Alexander Lowen, *Fear of Life*

My Introduction to Setting Boundaries

- Parenting: Rewards and punishments don't work, natural and logical consequences do
- Because children are seeking to find where they belong, they will naturally co-operate with adults and other members of the family when encouraged and allowed to



Rewards and Punishments

- Are attempts to control the behavior of others
- They don't work because we can't control other people's behavior, yet we have been conditioned to use them as a society
- They don't teach self-control and self-responsibility, which means they lack lasting positive impact
- Do not foster feelings of love and co-operation



Punishment

- Engenders rebellion or breaks a person's spirit (especially for children)
- Is done in anger, not in love, so it can't create emotional closeness
- Leaves emotional scars that can be difficult to heal
- Often backfires and encourages passive, aggressive or passive-aggressive tendencies



Rewards

- Are essentially bribes – they are rooted in manipulation and have the same goal as punishment (controlling the behavior of others)
- Teach a person to be self-centered, that they shouldn't do anything unless there's "something in it for me"
- Do not foster co-operation, mutual respect and responsibility
- Don't help to create stable, self-motivated and self-responsible people



Blame

- When we blame people we are making them (not their behavior) wrong
- A person who feels blamed tends to see only two options:
 - Accept the blame, which destroys one's feelings of self-worth
 - Defend oneself, which may include trying to blame the other person
- Blame doesn't work either



Natural Consequences

- The universe is built on the law of cause and effect
- Each action has an equal and opposite reaction
- If we try too hard to shield people from the natural consequences of their own choices OR to create artificial consequences (punishments) we actually interfere with people being able to see the consequences of their own choices and develop self-responsibility



Logical Consequences

- Where natural consequences are inappropriate, you can use logical consequence
- A logical consequence is something that is logically tied to the person's choice of behavior
- The logical consequences we create enforce our personal boundaries



Sensing Your Boundaries

- Personal boundaries are both mental and emotional (energetic)
- Part of your boundary is an “aura” or energy field you surround yourself with for protection (personal space)
- Predators are attracted to “prey”
- Prey are those with weak personal boundaries



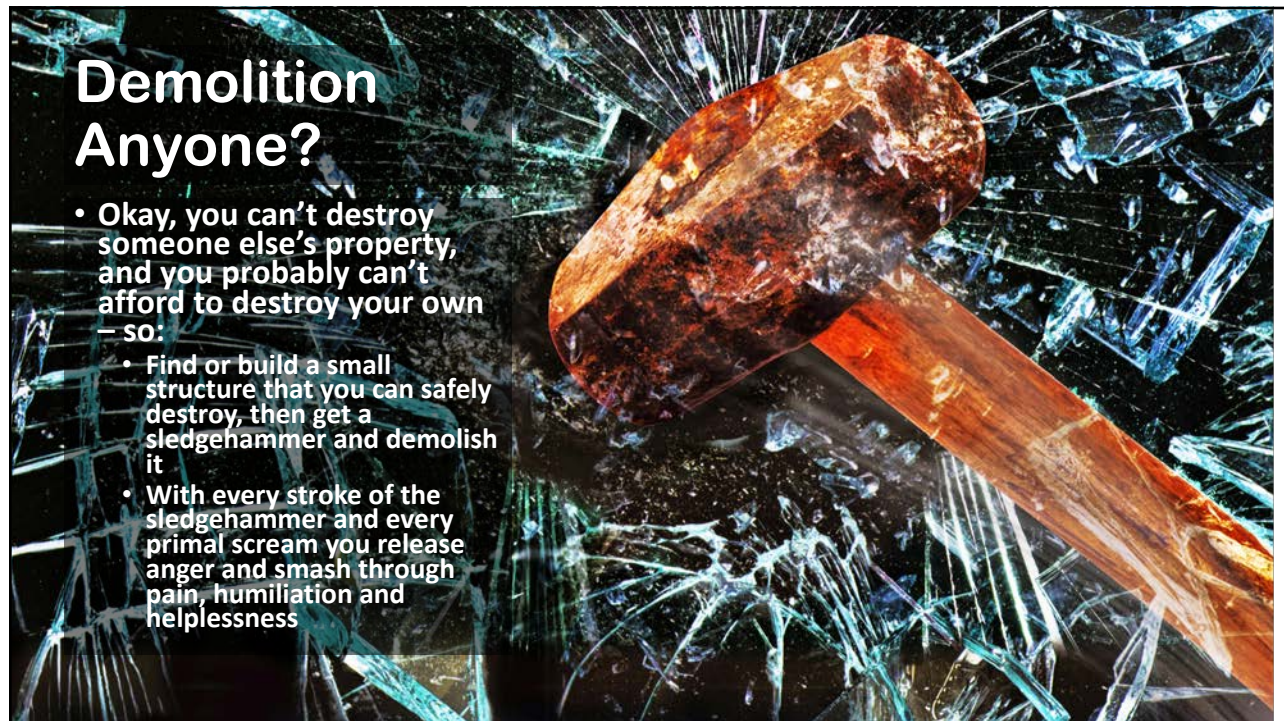
Standing One's Ground Exercise



Anger Release Exercises

- Hitting pillows on your bed (with fists or a tennis racket)
- Using a punching bag or just punching the air
- Taking a self-defense class
- Erecting an effigy and throwing things at it
- Screaming (can be done silently)
- Chopping wood





Do you believe...

...You have a right to reward people when they please you and punish them when they don't?

...That a different set of rules and standards should be applied to you and those you love than is applied to those who are your "enemies"?

...Do you believe people SHOULD treat you in certain ways and that there is something wrong with them if they don't?

...That you SHOULD do things for others even when you resent doing it because it's the "right" thing to do?

...That you need to protect other people (such as your children) from making mistakes or from suffering the consequences of their mistakes?

...That it would be wrong to physically harm someone who was threatening you or people you love with physical harm?

Responsibility and Accountability

- **If I am responsible for something, it is because I am in control**
- **If something is not in my power to control, I cannot be responsible for it**
- **If I am in control, then I am accountable, meaning that whatever the consequences of my choices are, those consequences are no one's fault but my own**
- **Freedom assumes both responsibility and accountability; if I am free to choose then I am responsible for my actions and accountable for the results**

Making People Accountable

- **When you believe you are responsible for other people's behavior (including your spouse or children), you cannot hold them accountable**
- **When you let them be responsible for their own behavior, then you can hold them accountable**
- **You help people become responsible when you hold them accountable by establishing boundaries (logical consequences) or just allowing them to experience the natural consequences of their choices without your interference.**

How to Set Personal Boundaries

- **Step One: When you feel angry, frustrated or irritable, defeated, discouraged, etc. stop and ask yourself:**
 - What am I doing that I don't really want to be doing?
 - What am I failing to do that I really want to do?
 - Why? Why am I doing what I don't want to do or failing to do what I want to do?



How to Set Personal Boundaries, cont.

- **Step Two: Decide what YOU will do to change YOUR BEHAVIOR**
 - A boundary is an action YOU take that is not an attempt to change others
 - Boundaries are not verbal, they are actions
 - If you lose your temper when enforcing your boundary, it was NOT a boundary
 - If you SAID you would do something in response to another person's actions, and didn't do it, it wasn't a boundary



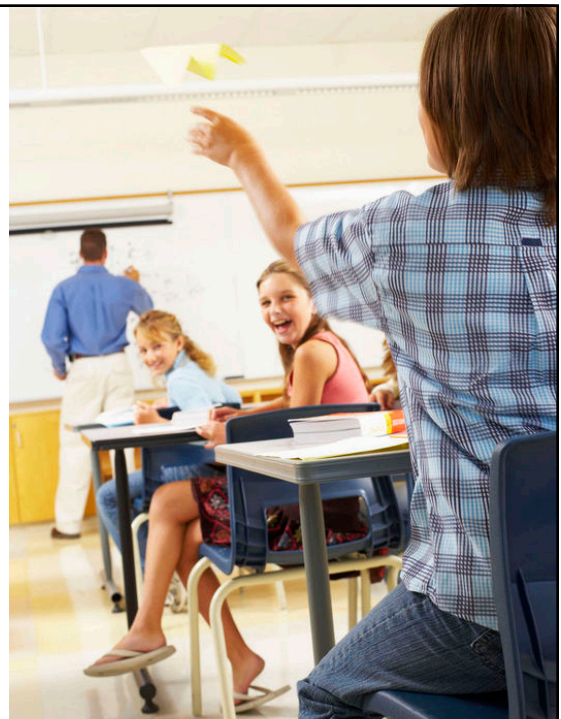
Clarifications

- Boundaries are **NOT** rewards or punishments because you are **NOT** trying to control other people's behavior
- If you cannot accept the other person's choice, you have not found your boundaries
- Boundaries can be enforced both **FIRMLY** and **LOVINGLY** with respect for the rights of others, because a boundary is **YOUR** choice and has nothing to do with the choices of others
- A boundary is **NOT** a threat!



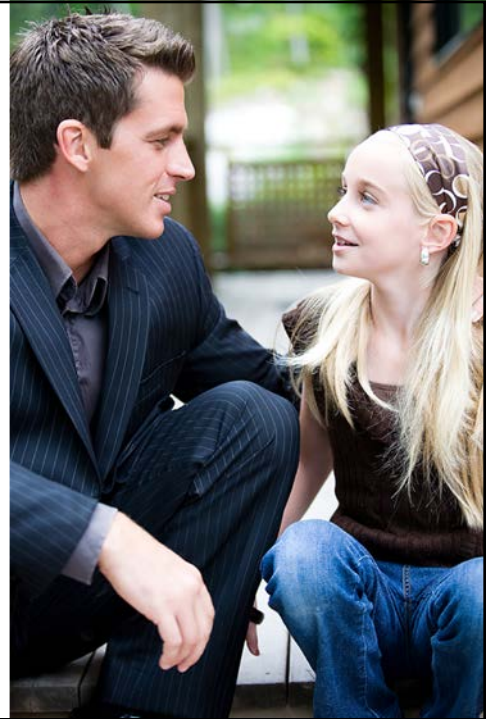
Focus on the Behavior

- When setting a boundary focus on the behavior, not on the person
- Show unconditional love and acceptance for the person, but let people know what your choices will be in response to specific **BEHAVIOIRS**
- This goes back to separating the person from their behavior



How to Set Personal Boundaries, cont.

- **Step Three (optional): Inform those involved of your boundary**
 - Tell those involved what your choice is (or will be)
 - This may depend on their choice of action (that is, you will behave one way if they choose one course of action and another if they choose a different course of action.
 - You also need to let the other person that you respect their right to make whatever course of action they chose and mean it



How to Set Personal Boundaries, cont.

- **Step Four: Follow through with what your decision – do not waver or back down unless a better situation is offered**
 - Remember: A boundary is NOT a threat, it is a statement of resolve
 - Speak once, then take action
 - A boundary not backed up by action is just an empty threat
 - If a person will not respect your boundaries (that is, they punish you for establishing boundaries) you may be have to set even more strict boundaries



You are in control...

- You cannot control the thoughts and actions of others, but you always have the power to control your own thoughts and actions
- You have to recognize and accept this ability and take full responsibility for your own choices
- When you blame others, you place the responsibility for your welfare outside of yourself, which disempowers you
- So, own it!