

Healthy vs Unhealthy Boundaries

What do healthy boundaries look like? What do unhealthy boundaries look like?

Boundaries are Important Because they Help You to...

1. Define – Boundaries make a statement to yourself and others about who you are (your beliefs, values, and goals)
2. Protect – Boundaries provides a filter that lets in the good and keeps out the bad. Having clear boundaries also makes it easier for you to say “no” when you need to.
3. Structure – Without boundaries, you are unable to regulate demands, ideas, dreams, responsibilities, opportunities, pleasures and activities. Life can become chaotic and your responsibilities and relationships can start taking a toll.
4. Respect – Leaders, employers, family and friends with good boundaries know that if YOU have good boundaries, you can be trusted to state clearly what you can and cannot do.
5. Recognize – Once your boundaries are identified they save you for the relationships and opportunities that best fit who you are and what you want out of life.
6. Value – Would you give your prized possessions to anyone to wear, alter or use at any time? Then why would you do that to yourself? Your knowledge, body, skills, abilities, purpose and mission should be treated as highly as your most prized possession.
7. Self-Confirmation – by defining you and your personality.

HEALTHY BOUNDARIES Facilitate:

- High self-esteem and self-respect.
- Mutually sharing and trusting relationships.
- Safe physical and emotional space from intrusion from others.
- Equal partnerships where responsibility and power are shared.
- Being assertive and being able to confidently and truthfully say “yes” or “no” and be okay when others say “no” to you.
- Distinguishing your needs, thoughts, feelings, and desires from others.
- Recognizing that your boundaries and needs are different from others.
- An empowered self that makes healthy choices and takes responsibility for themself.

UNHEALTHY BOUNDARIES Facilitate:

- Oversharing with others or closing yourself off and not expressing your needs and wants.
- Feeling responsible for others’ happiness and in the inability to distinguish your needs, thoughts, feelings and desires from others.
- The inability to say “no” for fear of rejection or abandonment.
- A weak sense of self. Basing how you feel about yourself on how others treat you.
- Inability to make decisions for yourself and feeling powerless to take control of your life. Becoming a victim.

What Typically Keeps Us From Setting Boundaries?

- FEAR of rejection and, ultimately, abandonment.
- FEAR of confrontation.
- GUILT.
- We were not taught healthy boundaries.
- Safety Concerns