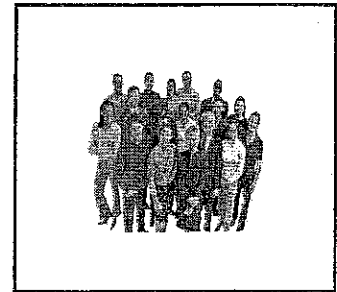


SETTING HEALTHY PERSONAL BOUNDARIES

Personal boundaries are the limits that you set to inform people how you want to be treated. It is an indicator of your self esteem. Setting healthy personal boundaries is the way you communicate to others that you have respect for yourself and will not allow others to manipulate or disrespect you. It allows you to define who you are, your values, and what you want from others.



Family members may often be the biggest violators of your rights. Your parents, spouse or siblings may be accustomed to making demands that you believe you must meet to avoid feeling blamed or guilty. Their intentions may not be to take advantage of you but the results have become a product of your habitual interaction with them. If you have failed to let people know your limits you will find yourself often feeling angry and hurt. Just as you have boundaries on your property and limit who is permitted to enter your home, it is important let people know what is permissible when dealing with you as a person. If someone repeatedly does something that hurts your feelings or shows disrespect to you it is your job to let them know. It is impossible to have healthy relationships unless you let people know how you expect to be treated. You teach people how to treat you. If you teach people to respect you then you are more likely to get it. If you give them permission to take advantage of you, they are more likely to do that. If there are people in your life who do not value you or your time you have the right to stand up for yourself and tell them what you are willing to do and what you are not. If they continue to violate your boundaries refuse to accept it or choose to stay away from them.

If you believe that it is always important to get approval from others you have allowed them to define who you are and you have compromised your own principles. You may believe that you will risk losing another person's love, support, or friendship if you take care of your own needs. Or perhaps you are the person who never says "No" but builds resentment when the others do not reciprocate and try to meet your needs. You may be the kind of person who always offers to help your friends but never ask for help yourself....believing that others' needs are always more important than your own. When you constantly put others' needs first they come to expect it.

People cannot read your mind therefore you must tell them what you want from them . Do not assume that they know what you want and need. You will get more respect from others when

you show that you value the relationship but also value yourself. Failure to set your personal boundaries also shows disrespect for others. When you are always rescuing others and doing things for them that they can do for themselves it makes them feel inadequate ,weak and possibly guilty for "using" you.

You can start setting healthy boundaries by:

- ❖ Identifying your core values.
- ❖ Asserting yourself in a kind but firm way when you are treated badly
- ❖ Not giving to others just to get them to like or approve of you.
- ❖ Letting someone know when they violate your personal space .
- ❖ Doing things for someone because you want to not out of guilt.
- ❖ Telling people how you want to be treated when they are treating you badly.

Ultimately people will learn to respect you when you are showing respect for yourself.