

Are You Ready

TO EXPLORE YOUR

**PERSONAL
BOUNDARIES?**

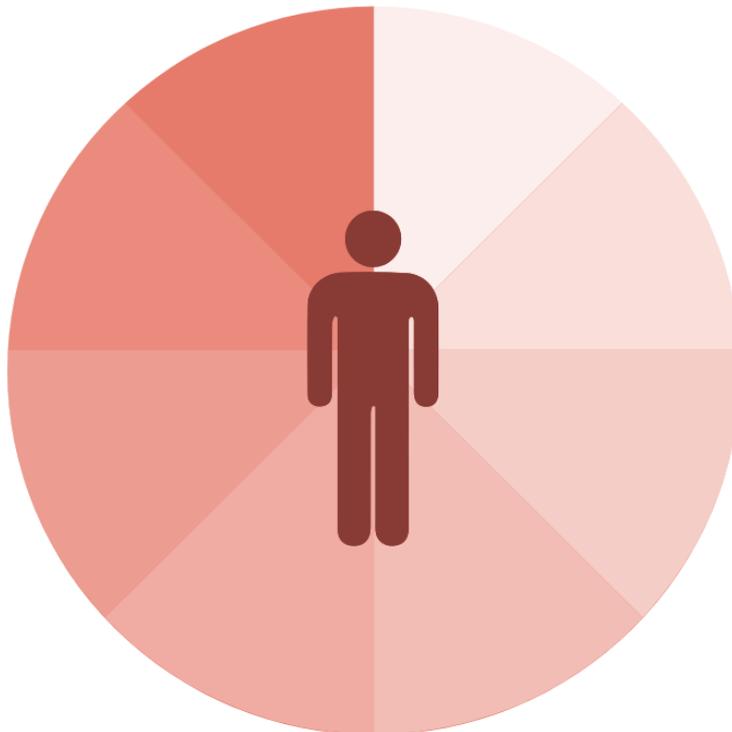
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What Are Personal Boundaries?



I've had many clients ask about standing tall when making a stand around **PERSONAL BOUNDARIES**. A person with healthy boundaries can say "no" to others when they want to, but still feel comfortable opening themselves up for intimacy and close relationships. And we can have healthy boundaries with some and not with others. So, then a feeling of non-alignment to our values occurs, an inconsistency within ourselves sort of like a slight toothache... not enough to get us to the dentist, because we hope it'll go away, but there enough for us to take notice.

Remember personal boundaries are the limits or rules we set for ourselves within **ANY** relationship.



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What Can I Learn About My Boundaries?

Take your time have a look at this checklist and see where you stand and decide if you'd like to make life changes.

Our boundaries can be sorted into 3 main categories. Rigid, porous and healthy.

Your own checklist. Tick which pertain to you.

RIGID BOUNDARIES

- You avoid intimacy and close relationships
- You are unlikely to ask for help
- You have few close relationships
- You may seem detached, even with romantic partners
- You keep others at a distance.

POROUS BOUNDARIES

- You overshare personal information
- You have difficulty saying "no" to requests from others
- You get over-involved with others' problems
- You are dependent on the opinions of others
- You are accepting of disrespect or abuse
- You fear rejection if you do not comply with others

HEALTHY BOUNDARIES

- You value your OWN opinion
- You don't compromise values for others
- You share personal information in an appropriate way.
- You know your personal wants and needs and can communicate them
- You are accepting when others say "no" to you

If the majority of your ticks are in the 'rigid' section, you might realise there are major trust issues and you might want to start working on your self-belief and self-esteem for different life outcomes.

If the majority of your ticks are in the 'porous' section, you might realise there are major personal boundary issues and you might want to start working on your values and boundaries for different life outcomes.

If the majority of your ticks are in the 'healthy' section, then go you. You've obviously been working steadily or have been modelled to hold your head up high to be clear, authentic and respectful of yourself and others.

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Most people have a mix of different boundary types. For example, you might have extremely healthy boundaries at work, porous in intimate relationships but a mix with friends. So, this can create an 'inner confusion' about how you see your place in the world.

Depending on where you see yourself from the checklist above may mean you'd love to make changes in some areas for example:

- Trust (in yourself and others)
- Self-belief
- Self-esteem
- Being valued
- Being heard
- Values
- Your own reason for BE-ing

While you may see yourself within the rigid, porous & even healthy checklists. It's the **VALUE, SELF CARE & ALIGNMENT WITHIN YOURSELF & YOUR OWN SELF AWARENESS** that keeps you deciding to take some action steps for leading a more authentic life.

For me one of my rigid boundaries is 'very protective of personal information' (trust)

My porous (in some instances) was 'fears rejection if they do not comply with others' (a need to be liked)

Once I got consciously aware of where I was compromising personal boundaries & how that made me feel I knew that I valued myself enough and made changes. Which led to me becoming aligned to my values and stepping into ME.

Go well.

Tracy



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