

Crossing Boundaries Checklist

How do you know if a boundary has been crossed

1. You feel like you must justify someone's bad behaviour.

-A family member is being abusive, and you make excuses for them.

2. You do what others want even though you are not comfortable doing it.

-You hate going out to clubs drinking but your friends make you feel bad if you say no, so you go.

3. You blame yourself for things that go wrong even though you had nothing to do with it.

-Your friend steals something at the store but because you are worried that they will be charged because it happened before you take the blame.

4. You notice a co-worker is acting unprofessionally but you are unable to report them.

-A co-worker is stealing office supplies but because he has been bullying you, you do not report him.

5. You take the blame for something you did not do to keep the peace.

-Your spouse broke a family heirloom by careless behaviour. There is already tension between him and your family, so you act as if it was an accident when you know it was not to avoid conflict.

6. You take on responsibilities for others and have an endless to do list.

-You are always picking up stuff for a friend or family member when you really do not have time, and because of it your selfcare goes undone and you get resentful.

7. You find it hard to receive.

-You are always giving your stuff away or refuse to accept gifts because deep down you don't feel worthy.

8. You second guess and overthink your actions, decisions, and behaviours.

-You are worried about other reactions or approval over your own.

9. Your decisions are ignored or disregarded, and you cannot stand up for yourself to follow through.

-You ask your kids to pick up after themselves, they don't and you end up doing it without enforcing the rules

Benefits of Setting Healthy Boundaries

You have more time to do the things you want to do.

You have less anxiety and nervousness because you are now more aware and confident.

You are happier and have less resentment because you are dealing with your feelings.

You can say NO without feeling guilty.

You feel appreciated and an equal.

You have the freedom to take responsibility for your own happiness.

You feel better around your friends and family because your being you.

There are less conflicts in your relationship because by setting boundaries you have more time for your family and spouse.

You feel safe to have difficult conversations or disagreements.

Your example teaches your kids that its ok to have a voice and say something is ok or not ok.

People are attracted to your happy and want to know how to achieve the same thing.

How to set healthy Boundaries

Practice saying NO.

Know what you want and do not be afraid to ask for it.

Take responsibility for your needs and desires.

Do not apologize.

Let yourself be in awareness of your expectations.

Be confident enough to walk away.

Pay attention to what feels good and what doesn't.

Figure things out for yourself without putting it on others.

Let go of what you cannot control or what is not yours.