



OUT OF BOUNDS



How To Set Healthy Boundaries



By The American Institute of Health Care Professionals, Inc.



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Introduction

Are you often exhausted at the end of a day and can't figure out what happened to all the energy you started with at the beginning of the day? Perhaps you can't think of one thing you've accomplished for yourself.

You may feel that you're inside a prison which you've created for yourself because you let people disrespect you by sucking up your time and efforts without you having any say whatsoever.

Being unable to set effective personal boundaries can leave you overwhelmed and exhausted – both professionally and personally. Your life may need revamping to include boundaries which you set for yourself and are confident that you have the courage to carry them out.

This guide, "Out of Bounds: How to Set Healthy Boundaries," is designed to help you over the hurdles of setting healthy boundaries for your life and providing tips to handle situations involving work, family, spouse and friends.

You'll learn what personal boundaries are and why they're so important to your future health and well-being. You'll also learn various situations in each category that commonly occur in relationships – and how to handle them with diplomacy rather than anger.

Knowing how to develop and set boundaries for yourself is often the most difficult part of establishing them. You may fear hurting someone's feelings or even ending the relationship.

While this is a possibility, it's unlikely if you do it properly. Anticipating the reaction(s) and planning how you'll react is one way to handle a delicate situation of boundary setting.

It's time to rethink and set some boundaries if you're feeling powerless and your self-confidence is dwindling because you're not standing up for yourself. "Out of Bounds: How to Set Healthy Boundaries" will guide you through the life-changing process of setting boundaries – and getting your life back

Chapter 1: What Are Boundaries?

Most people think of boundaries in geographical terms -- those imaginary lines (or drawn lines on a map) which separate one country, state or region from another. Many times you need a passport or visa to enter another area because the country or region has a government which sets rules and guidelines for entering the space.

Personal boundaries are guidelines or a set of rules and limits that you set for yourself about how others behave around you. Your personal guide is developed by many factors in your life, including past experiences, personal beliefs, attitudes and lessons you've learned from social interaction.

When a person in your life steps over those boundaries, you respond in a certain way. You may respond with anger or surprise and simply walk away. Or, you might ignore the overstep and stew over it at a later time – wishing you had handled it differently.

Personal boundaries may be based on physical, psychological, spiritual, emotional, intuitive or those involving your own self-esteem. Your boundaries may involve protecting yourself from harm – either mental or physical – and are sometimes based on your social status or genetic makeup.

Many people have rigid boundaries which make them somewhat difficult to get to know while others have almost invisible boundaries which make them susceptible to abuse or manipulation.

You may have set personal boundaries in your working relationships, personal relationships or in interactions with people you meet for the first time. If you're a narcissist, you may recognize no boundaries in others and feel that people are simply extensions of your own personality – anything goes as long as you agree.

There are several types of personal boundaries which you might set for yourself. They include:

- **Physical** – These boundaries involve your personal space and dictate how you relate to people or things that come into that space. For example, are you more apt to hug or shake hands? How do you feel when a car blaring loud music pulls up beside yours at a traffic light?

When someone or something invades your physical space, you react one way or another because of the boundaries you've set for yourself.

- **Mental** – Boundaries which apply to your opinions and values make up your mental boundaries. Standing up for what you believe in is part of the mental boundaries you set for yourself

Being open-minded rather than rigid and angry when listening to someone else's opinion is a sign that you've set healthy mental boundaries for yourself.

Those who follow others without thinking and are mentally suggestible tend to have weak mental and emotional boundaries and are often swept into things that are harmful.

- **Material** – How you feel about giving things away or lending your personal items to others make up the material boundaries you set for yourself. You may think nothing of lending a book to someone, but when it comes to your personal hairbrush – you may balk.

Part of your material boundaries may be the expectations you have when you give or loan someone money or things.

- **Spiritual** – Your beliefs which are connected with a higher power make up your spiritual boundaries. Some people try to manipulate the spiritual beliefs of others with scare tactics or being judgmental and manipulative.

If spiritual boundaries are important to you, you'll stand up for your beliefs and decide how you react to others when they question or interact with you about your beliefs.

- **Emotional** – Healthy emotional boundaries involve you accepting responsibility for yourself and your actions. You are protected from feeling guilty about the responsibilities of others to act appropriately.

When you set up healthy emotional boundaries, you've likely set internal boundaries which help you know your limitations in responsibility for others and yourself. Negative comments from others aren't taken personally when you've set good emotional boundaries.

All of these boundaries represent the rules of life you live by and determine what you will allow from others. If these boundaries are being trespassed, it's your responsibility to speak up for yourself.

Why Set Personal Boundaries?

Your comfort level and the way you respond to others are all part of the personal boundaries you've set for yourself. Without them, it's difficult to function because you are too busy trying to please others who may try to control or abuse you.

When you decide to change your personal boundaries – making them stronger to your beliefs or your old boundaries just aren't working anymore – know that there may be outcries of confusion from others.

Here are some main reasons you may need to change or set personal boundaries:

- **You have difficulty saying “No.”** This boundary includes your personal time. You may have a need to please and therefore take on tasks which eventually seem to interfere with what you really want or need to do.
- **Feeling powerless.** Children, spouses and co-workers may make you feel as if you have no power over your life because of the demands they make on your time. They may cross boundaries of respect and you may feel that you've lost control of your own wants and needs.
- **Your boundaries may be too rigid.** Perhaps you've set boundaries so strict for yourself that you've created a wall that no one can penetrate – either physically or emotionally. Rigid boundaries are good in some situations, but you may need to lower the wall for relationships to flourish.
- **You feel that no one respects you.** If you feel that you're getting no respect from anyone – including those close to you and those you meet on a one-time basis (such as store clerks or business dealings) – it's time to set appropriate boundaries and demand respect.
- **Feeling resentful or victimized.** Continuing a relationship or situation where you feel resentful or victimized is bad for your health. You may need counseling to learn how to deal with setting boundaries which will teach others how to treat you.
- **You feel unsure of how to define your boundaries.** You may react one way with a certain situation and an entirely different way for another. If you're waffling back and forth, you may have more difficulty in teaching others just what your limits are.

You've got to set some boundaries in your life that help you get along with others and so that others know your limits. Even though you love your children unconditionally, you must set boundaries with them too or else they'll learn to take advantage of certain situations

Main Points of Chapter 1: What Are Boundaries?

Setting personal boundaries helps you develop your own personality and sets up rules and principles that you live by with everyone who enters your life – from the customer service person on the other end of the phone line to your spouse and children. This chapter further defines personal boundaries and why you should set your own.

- Types of boundaries that you might set for yourself include physical, mental, spiritual, emotional and material.
- Narcissists don't consider other peoples' boundaries at all.
- Healthy boundaries help you keep an open mind and respect others' boundaries.
- Rethink your personal boundaries if you're feeling angry or victimized.
- Even spouses and children need to know your boundaries and the consequences if they overstep them.
- Consider your comfort level when setting boundaries. If a situation doesn't feel right to you, set a boundary that will help you feel comfortable.
- Respect from others is part of setting boundaries. If you don't feel respected by others, your boundaries may need to be reset.

Boundaries are extremely personal and are formed by your environment and your spiritual, physical and mental makeup. They may have been developed as a child but you may need to rethink them as an adult

Chapter 2: Boundary Conflicts

Personal boundary conflicts may arise with new situations in your life that you haven't been exposed to before. For example, if you marry a person who has children, conflicts may arise if his or her children don't respect the boundaries you've set for yourself.

Or, you may find yourself in a work situation where you're being taken advantage of and getting none of the credit for the time and effort you're expending. It's times like these when boundaries become very important for you to rethink and develop.

Boundary conflicts can occur in all areas of your life – work, family, spouse and friends. This chapter will deal with some of the most common conflicts involving boundaries and how you can cope with them effectively.

Setting Work Boundaries

Fear of losing your job is often a factor in how you view your personal work boundaries. Many people deal with work conflicts poorly by harboring resentment and anger. This leads to real problems in job performance and how you view your job.

Some typical work conflicts include:

- **Being excluded from important decisions or meetings.** This broken boundary involves respect for your rightful position in the work place. When your coworkers are ignoring your role in making decisions or attending important meetings, it's critical that you face the problem head-on.

First, analyze the problem to be better able to focus on why you may be excluded. Perhaps there's a breakdown in communication. Approach the problem calmly and quickly with those who are in charge of communicating a schedule to you.

- **A coworker gossips about another coworker.** It's important that you set a boundary quickly and be very clear about not wanting to participate in whatever drama is happening in the office.

Be polite, but firm and if the problem continues it may have to be a problem resolved by management. But, it's important that you first attempt to squash the issue right away – with the coworker involved.

- **Your boss makes an unreasonable work request.** First, make sure that you understand the request. Sometimes a clarification will make the request sound much more reasonable than the first response. Whatever you do, don't respond by whining and complaining.

If it's determined that the request is unreasonable, respond with something that your boss can relate to, such as "If I concentrate on this project, we'll have to push the current one to the back burner." That will open a discussion between you and your boss and you can solve the problem.

Your first reaction to a work boundary being crossed should not be one of panic, but thinking of ways to negotiate the problem effectively. You may also prepare yourself for work-related boundary violations by thinking ahead as to what your plan of action will be.

If situations keep arising at work that keeps you anxious and if your coworkers and boss keeps violating your boundaries, it may be time to look for another job or career path

Setting Family Boundaries

Family interaction can be touchy and difficult to solve because there may be so many other family members involved. Family members may pry into your private lives or ask personal questions which they think they're entitled to know the answer to.

Boundary battles are common in most families and everyone has his or her own opinions about boundary lines. When you encounter pushy or probing family members who are crossing the lines of what you feel is appropriate, it's important that you shut down the situation fast.

Here are some situations which may arise with family members crossing your personal boundaries and the best way to react:

- **Asking personal questions.** Questions such as, "When are you going to get married?" or "How much money do you make?" may clearly be off limits to you. The family member may have no intention of crossing your personal boundaries – but he or she did – and the problem should be addressed before hard feelings arise.

First, begin with a positive response rather than immediately launching into a tirade about the inappropriate question that crossed your boundary line. A simple and clear statement such as, "I appreciate your concern – but I prefer to keep that information to myself" is polite, but firm. Then, don't engage in a conversation about it. Be firm.

- **Dropping by your home or office unannounced.** The first couple of times, you might enjoy having your mother-in-law drop by your home and offer to babysit while you have some time to yourself. Eventually, it could become a problem.

Establish a boundary with the person who is dropping by unannounced by stating clearly and firmly that you prefer a phone call or text before they stop by. Be sure and reiterate that your relationship with the person is very important. Don't over-explain and give them a chance to read too much in to it.

- **A family member asks for too much of your time.** There are several ways this boundary can be breached. If you have a parent who is ill, you may need to revamp your schedule so that you won't feel guilty about not being able to take him or her to doctors' appointments and care for other needs.

If a family member is asking too much of your time just to be able to gain more personal time for themselves, you've got to learn to stand up and say "No." You don't need to make up excuses. Simply say "No."

Setting Spousal or Relationship Boundaries

It's so important to a marriage or committed relationship that you set up realistic boundaries at the very beginning and that they're perfectly clear to the other person. You and your spouse may have had other relationships where boundaries were different than your expectations, so it's important to be clear.

Below are some instances where a relationship may cross your personal boundaries and hurt your feelings or lower your self-esteem:

- **Your spouse has to know where you are at all times.** Trust is an important element in a healthy relationship. When you're being constantly monitored and controlled in your every movement by another person, it becomes irritating and downgrading.

As individuals in a relationship, you should both be able to move freely without being harassed about where you were and what you were doing. If trust isn't present because of a previous incident which destroyed trust in the relationship, counseling may be in order. Speak to your spouse about your feelings and try to work it out calmly by setting times to communicate with each other.

- **You feel taken for granted.** This occurs many times in a relationship – especially when there are children and a home to care for. Unless the work to maintain the home and take care of the children is evenly divided, one or the other in the relationship may feel taken for granted.

Talk to your spouse and clearly define your role and your expectations of him or her in the relationship. Because of job or career schedules, it may not always be possible to divide ordinary chores evenly, but some semblance of agreement must be reached. Perhaps hiring help to clean the house or taking one day per week as your own will help even out the chores.

- **Feeling neglected in a relationship.** Neglect may be a result of not understanding the other person's work load or how he or she expresses love in a relationship. The book, "The Five Love Languages" by Gary Chapman, identifies that those in love relationships communicate in a variety of "love languages" including time, affirmation, gifts, physical touch and acts of service.

When one or the other feels neglected in a relationship, the communication factor needs to be discussed and each needs to fully understand how the other feels special and loved. Open communication is essential with these types of problems.

Setting Friends' Boundaries

Relationships between friends must have emotional and physical boundaries like any other type of relationship. Most times, relationships with friends have boundaries which naturally form when more time is spent together. You realize that there are certain boundaries which must be met if the friendship is to continue.

There are times when even very close friendships may need some lines of communication opened. Here are some instances which may occur in a friendship which needs some "boundary" communication:

- **Verbal or physical abuse.** This type of boundary overstep is non-negotiable and must be addressed immediately. There may be some issues which your friend is going through that's causing the aggressiveness –and, as a friend, you should speak up about it.

In setting your verbal and physical boundaries with your friend, it's important that you be very clear and present the ultimatum that you cannot continue the friendship if the abuse continues. Be prepared to end the friendship.

- **Gossiping behind your back about confidences you've shared.** This situation involves lack of respect and breaking the trust you shared as friends. As with all conflicts involving boundary issues, it's important that you address the problem immediately.

Calmly state what you've heard and ask if that information is true. Never engage in a fight – either verbally or physically. If it's determined that the information is true, you have a choice to accept an apology and go on with the friendship or end it.

- **Your friend bombards you with phone calls in the evening when you're attempting to relax.** Most phones now have "caller I.D." so it's easy to know who's calling. Let your friend's phone calls transfer to voicemail and get back to him or her when you can.

The friend is likely going to ask why you didn't answer the calls. Be honest and state that your evenings are spent exclusively with family – or you just like to veg out in the evenings alone. Tell her when you have time to chat, you'll call her back.

Boundaries are set in relationships with families, spouses, friends and work so that each of the persons will feel comfortable. The boundaries don't have to be rigid – or too loose –but you should feel absolutely safe and relaxed so that you can always be yourself

Main Points of Chapter 2: Boundary Conflicts

Any relationship is bound to experience conflicts. It's the way you communicate to solve the conflicts which can make a difference in the way the relationship continues – or not.

Conflicts may occur with coworkers, bosses, family and friends, spouse and committed relationships and may cause stress or end a relationship if communication isn't handled in a certain way. The way you communicate your boundaries to others depends on the nature of the relationship.

- Feeling taken advantage of in a relationship is a common issue when boundaries aren't understood.
- Issues with coworkers and your boss must be addressed immediately and in the proper way. If not resolved, it may be time to look for another job or career path.
- When a family member takes advantage of your time with demands and causes interruptions at work, he or she must be taken aside to discuss why this isn't acceptable and find another means to communicate and get together.
- Spousal jealousy is a boundary issue which can cause a marriage or relationship breakup. This problem should be addressed if you begin to feel like you're being stalked or that your every move is questioned.
- Any type of physical or verbal abuse is a non-negotiable boundary. Your self-esteem is at risk if you stay in a relationship in which this boundary is crossed.
- Setting boundaries with friends, coworkers, spouses and family members can involve sensitive issues. Rather than dealing with the issues by getting angry and lashing out, seek help in solving the problems in a way which feelings aren't hurt and more boundaries aren't crossed.

Chapter 3: Developing Healthy Boundaries

Setting healthy boundaries in your life can often be fraught with difficulties because you're dealing with so many different personalities – those of your coworkers, family members, spouses and friends. All of these people have different expectations of you and some may cross healthy boundaries.

If you haven't set certain boundaries for yourself, stress, bad feelings, breakup of a relationship and anger may occur when you change. It's important that you know how to set boundaries for yourself and which are most important to you, but it's also important to know how to deal with the reactions of others to the boundaries you've set.

You have rights that need to be respected – to be able to say “No,” when you want to and to expect courtesy from others. It's your right to let the phone go to voicemail, ignore email for awhile or not answer a question if you don't want to.

Think about your current boundaries. Are you saying “Yes,” when you'd rather say no – or are you using anger or nagging to get your way rather than expecting others to recognize and respect your boundaries?

If you're experiencing anger and disrespect from others not adhering to your boundaries, you may need to rethink how you communicate with others. Keep in mind that boundaries aren't meant to punish others – but are set in place for your own protection.

Setting boundaries works best when you don't shout or nag, but remain calm and collected when you carry out compliance to the boundaries you've set. Speaking your mind and setting limits for others requires you to make yourself the main priority and not be afraid of the consequences of protecting yourself

How to Develop and Set Healthy Boundaries

Developing and setting healthy boundaries help you lead a very healthy life. It's a skill that may not have been learned in childhood or even far into your adult life. It may take a professional coach or counselor to help you along the path of boundary-building if it's a new and scary concept for you.

First, you've got to know and understand yourself and your own boundaries. Basically, any situation which makes you feel uncomfortable or that you regret later on requires that you reset – and follow through with – your current boundaries.

If you periodically find yourself becoming “soft” on your boundaries and it's making a difference in how much you're enjoying your life and feeling that you garner respect from others – it's time to rethink your boundaries and set ones which you're comfortable with.

It may help you to write down some boundaries which you feel are “non-negotiable” and work from those. Be clear when you describe what it would take to cross that boundary. Also, think about how you'll handle the situation if that boundary is crossed so there will be no question or arguing about the subject.

For example, if you have a coworker who crosses your boundary of touching, it's time to set the boundary and clarify it to yourself and the coworker. A pat on the back may be acceptable, but hugging may not. In some instances, all touching might be off limits with this person and/or others.

Knowing your personal limits on what you can tolerate – or not – is an important part of how you'll develop and set boundaries you can live with. Consider the following tips when developing and setting boundaries and how you'll cope with reactions from others.

- Know thyself – When you're tuned in to your feelings about boundaries, you'll soon discover exactly what's bothering you about certain situations. What are you resentful about – or what makes you uncomfortable about an issue? The more you know yourself and what makes you feel as you do, the better able you'll be to set the boundaries which will be most important to you.
- Ponder your past – What, if anything, in your past has led to feelings that your boundary has been broken? Perhaps you weren't respected as a child or in a job after you became an adult. If you learned how to deal with it by accepting the behavior, you likely feel anger or resentment now. Write down all you can remember about what may have happened in your past to make your boundaries weak and unacceptable.
- Ponder your present situations – Are your relationships healthy with spouse, family and friends? If not, which situations may need new boundaries which demand respect and that will protect your physical and emotional well-being? Ignoring your needs can keep you drained and might eventually affect your health.
- Make yourself the main priority – Your energy, health and peace of mind must come first or you won't be able to effectively help and deal with others. When you practice self-care, you're giving yourself the opportunity to be the best spouse, mom, coworker or friend you can be. If you're not taking care of yourself, you'll have certain cues such as lack of energy, anger and mistrust of others.
- Know that you deserve to have boundaries – Give yourself the permission you need to set and enforce your personal boundaries. There's no need to feel guilty about enforcing boundaries. You have every right to the self-respect you deserve and every right to demand that others give you the same respect.
- Be firm and direct with those who cross your boundaries – Some people will welcome your newly set boundaries and see it as a good thing for you. Others will rebel, get their feelings hurt and you may possibly run the risk of losing a friendship, marriage or cause rifts at work or between family members. As long as you're firm and direct about your needs, you are in the “right” and others should respect that.

- Learn to be assertive – When it comes to your healthy boundaries, you may have to push the “assertiveness” button more than you ever have before. After you've communicated what your boundaries are, be assertive in protecting those boundaries. People can be like children – once you let them get away with a little bit, they try your patience more. Communicate with the trespassing person in an assertive manner.

Developing and setting appropriate boundaries will protect your self-esteem and keep you from expending time and energy on people and things which ultimately drain you and keep you angry and frustrated.

How to Protect Your Boundaries with Difficult People

Poet, Robert Frost, once said, “Good fences make good neighbors.” That's true with boundaries you set around your beliefs and to protect your health. When you begin to protect your boundaries, you may expect some outcries from those in your life who would like to keep the status quo.

You may need to seek counseling or support of some type when dealing with difficult people in your life. The other person may respond better if you make setting boundaries a mutual decision. For example, you may also be breaking a boundary with a friend and the friend may be reticent in telling you.

When you practice setting strong boundaries with each other, it can be a good way to draw even closer together and understand the other in new ways. Setting new boundaries won't work with everyone and you need to be sure you're ready to leave a relationship or job if common ground can't be reached.

Think of your boundaries as doors to the inside of you. Some people may have to remain outside on the porch, while others you may ask into the drawing room. Still others may earn their way to sharing confidences and become important in your life.

Some unscrupulous and manipulative people will take advantage of those with weak boundaries. Strong boundaries will let these “takers” know that you're not a person who will put up with boundary trespassers. As a result, you'll become more attractive to others who also have strong boundaries and those who have crossed your personal boundaries will be weeded out.

Below are some tips on protecting your healthy boundaries:

- Don't worry what people think when you set your boundaries. Your boundaries will differ from those set by others, but respect is key here. You must express your true feelings without being rude or mean but with enough of a tough demeanor to let others know you mean business.
- Address issues immediately. Don't let your anger and frustration at a person's disrespect for your boundaries blow up. Tell the person exactly how you feel and why the behavior needs to stop.
- Learn to set boundaries with everyone. That means your children, spouse, friends and family – and also customer service people, coworkers, a reservation clerk, housekeeper and mechanic. Boundaries should be firmly in place with everyone you come in contact with.
- Learn to recognize when you're being manipulated. A sarcastic comment may be a demeaning message to get you to do something you don't want to do. The messages may be subtle, and it may take practice for you to recognize that they're disguised as "teaching" when they're really forms of manipulation.
- Intuition can serve you well in setting boundaries. If something doesn't "feel" right to you – it probably isn't good for you. Listen to the inner voice that tells you when it's time to set a boundary. If you feel angry or suspect someone is taking advantage of you – set a boundary.

Setting and protecting your boundaries may be a skill that you'll have to learn – especially if you have poorly defined boundaries. It will take practice and determination to stick to the process of meeting the challenges you'll face when you begin to set personal boundaries.

It's best to begin with small boundaries which aren't exactly threatening to you and then – when you become comfortable with those – begin to set more challenging boundaries. You can master the art of setting personal boundaries with practice and courage.

Main Points of Chapter 3: Developing Healthy Boundaries

Developing healthy boundaries is a way to ensure that no one encroaches on your time or your emotional health. If you've always had "soft" boundaries, you may feel frustrated and angry at times when being taken advantage of and you lack the ability to say "No."

This chapter teaches you how to develop and set boundaries and how to carry them out in a good way so hurt feelings don't occur and so you'll experience more control over your life. Some main points of "Developing Healthy Boundaries" include:

- Know that you have rights and that they should be respected by others. When someone deliberately or accidentally crosses the boundaries you set for yourself, you should be able to speak up immediately and proclaim that the person has gone too far and what you expect from now on.
- If you're new at setting boundaries it's important that you take the time to think about the new ones you want to set and develop and how you're going to carry out the protection of them if someone trespasses.
- Don't shout and get angry when someone crosses one of your newly-formed boundaries. Keep your cool, but address the situation quickly and let the person know that this boundary is non-negotiable and that you enjoy being with them, but can't be if they continue the behavior.
- Don't worry what others think when you decide on the boundaries you want to set. It's only important what you think and how you feel. It may mean that some people you're close to will have to behave differently around you.
- Seek help to set and keep boundaries if you're having trouble. Counselors, your minister or priest and much information exist online to help you know what to do to enforce your newly set boundaries.
- Be assertive with others when enforcing boundaries. Don't let people think that your new boundaries are just a fleeting idea you've come up with. Let them know you mean business and educate them whenever a boundary is crossed.
- Start with small boundaries that are perhaps annoyances and then move to the larger ones which bother you deeply.

Chapter 4: Putting Your Boundaries to Work for You

When done properly, setting healthy and appropriate boundaries can work in your life to make you a more confident and well-rounded person. You'll be more in control of your own destiny and can accomplish much more than you could giving in to other people's whims and demands.

Every aspect of your life can benefit from setting personal boundaries – and the good thing is that it's never too late. You may encounter some confusion and need to clarify your new boundaries with others, but the difference it makes in your life will be positive.

Here are some ways that boundaries can work for you in every area of your life:

- Achieve a much healthier relationship with your family. Your kids and other family members will know exactly where they stand and how far is “too far.” As a result, you'll have time to yourself and become more able to speak up when a boundary is crossed.
- Achieve a more intimate relationship with your spouse. There must be total honesty in any relationship to make it work. When you feel comfortable enough to tell your spouse that he or she is doing something that makes you feel demeaned, your relationship should thrive.
- Work will be much easier to face when you don't listen to gossip and have an open and honest relationship with your boss and coworkers. They'll come to know you as a person who stands up for what he believes.
- When your boundaries are working for you, you won't have to depend on someone else for your happiness. You'll be happy inside and have the confidence and self-esteem to step out into areas you may have never before ventured.

When you set healthy boundaries for yourself, you're also setting them for others. Those people who truly care about you can't help but notice the “new you” and how much happier and self-assured you are.

Life After Setting Boundaries

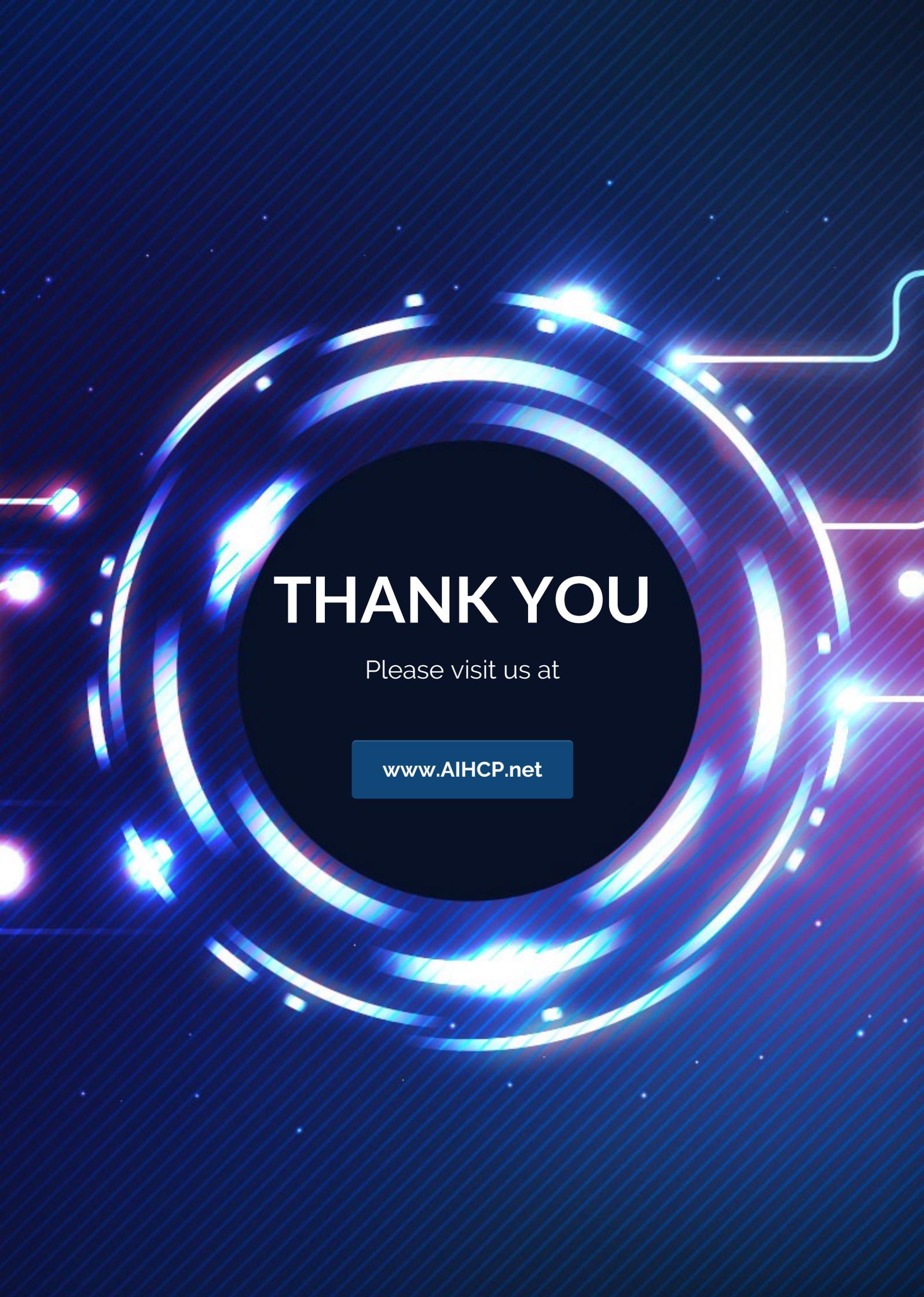
Your life before and after setting healthy boundaries will be different as night and day – especially if you've never experienced the effects of boundaries before. You'll be able to communicate with others without the usual anger or frustration you felt before when you were disrespected by someone.

Beating around the bush with your feelings is no longer necessary because you have boundaries which are clear and in place. Being able to enforce the boundaries you set will serve to make you a stronger and more reliable person to others – and give you the self-confidence you need to make your life count.

You'll no longer feel that your life is spinning out of control because you have no control over how others treat you. Drama and chaos will be a thing of the past because others in your life will know for sure what your boundaries are and that it does them no good to cross them.

After setting and enforcing some important boundaries, you'll lose your fear that people might not like you or will walk away from you. When you cease to be a victim of others who have no sense of boundaries, there may be some backlash, but if you lose a relationship, it's likely not good for you in the first place.

This guide, "Out of Bounds: How to Set Healthy Boundaries" can give you the jump start you need to think about your own boundaries and set or reset the boundaries in your life which will keep you in control of your own destiny.



THANK YOU

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