



## Building Better Boundaries

*"The most compassionate people are often the most bounded."*

*~ Brene Brown*



What are boundaries? According to Terri Cole, psychotherapist and author of *Boundary Bootcamp*, personal boundaries are rules, guidelines, or limits that a person creates to identify safe, reasonable, and acceptable ways for other people to behave towards them and how they will respond when someone crosses those limits. She breaks boundaries into 4 main categories:

- **material**: your stuff
- **physical** (which includes sexual): your personal space
- **mental**: your thoughts and opinions
- **emotional** boundaries: they separate us, our emotions and our responsibility for them, from someone else.

Mother teaches that boundaries are also limits of acceptable behaviors you exhibit towards yourself. In addition to the 4 categories above, She includes a 5th category – **energetic** boundaries – what's your energy, your spirit, your life-force and what isn't. If you're an empath or a highly sensitive person or both, energetic boundaries may be the missing link for you. (Be sure and read [30 Traits of an Empath](#).)

Because you're in relationship with yourself, all 5 of these types of boundaries apply to that relationship. These Love Pages are for you to explore the strength of your boundaries in all 5 categories and get clear on what's working in your relationship with yourself and what isn't. Creating and maintaining rock solid boundaries with yourself and others is a key ingredient to a happy and healthy life.

Mother teaches that boundaries change as you do, so rock solid doesn't mean static or never changing. Rock solid means they support you as much as possible, given who you are now and what you need today. Dive in with honesty and heart. Mother's got you.

Before you begin writing, sit quietly with yourself and breathe. Feel the relationship you have with yourself. Try not to judge; just notice and be aware. Be kind to yourself. You're not alone, we all struggle to maintain healthy boundaries with ourselves and others. When you feel calm and centered, begin writing.

Space is provided below to help you get clear on what's okay for you and what isn't okay for you in how you treat yourself. (If you wish, you can also include what's okay and not okay in how you allow others to treat you and how you treat others. It may offer insight in how you treat yourself.)

1) What's okay for you materially?	What's <i>not</i> okay for you materially?

2) What's okay for you physically/  
sexually?

What's *not* okay for you physically/  
sexually?

3) What's okay for you mentally?

What's *not* okay for you mentally?

4) What's okay for you emotionally?

What's *not* okay for you emotionally?

5) What's okay for you energetically?

What's *not* okay for you energetically?

In the following questions, write about the guidelines and limits you have, at present, set up for yourself.

6-A) What boundaries have you already set up in your relationship with yourself **materially** that are supporting you?

6-B) Which ones aren't? They might have worked in the past but no longer do so, or they may have never worked but you hang on to them unconsciously.

7-A) What boundaries have you already set up in you relationship with yourself **physically/sexually** that are supporting you?

7-B) Which ones aren't? They might have worked in the past but no longer do so, or they may have never worked but you hang on to them unconsciously.

8-A) What boundaries have you already set up in your relationship with yourself **mentally** that are supporting you?

8-B) Which ones aren't? They might have worked in the past but no longer do so, or they may have never worked but you hang on to them unconsciously.

9-A) What boundaries have you already set up in your relationship with yourself **emotionally** that are supporting you?

9-B) Which ones aren't? They might have worked in the past but no longer do so, or they may have never worked but you hang on to them unconsciously.

10-A) What boundaries have you already set up in your relationship with yourself **energetically** that are supporting you?

10-B) Which ones aren't? They might have worked in the past but no longer do so, or they may have never worked but you hang on to them unconsciously.

### *Crossing the Line*

11) Looking over what you've written so far, where do you repeatedly set boundaries for yourself and then cross the line by not honoring them? Where are you an actual boundary bully towards yourself? Meaning that you don't just cross the line – you trample the boundary you set up, then burn it to the ground. Look for repeating patterns across all the categories.

12) Looking over the boundaries you've set in place for your relationship with yourself that **are** supporting you, go beneath the surface and feel **why** they're working. Now write about your discoveries.

13) How can you apply those discoveries to the boundaries that **aren't** supporting you? Be specific. Look for ways to be more mindful of how you set boundaries with yourself. Are your expectations too high or unrealistic? Are you too demanding, pushing for perfection? Are you choosing defiance more often than healthy boundaries? Are some of the boundaries old, and this is the first time you've become aware of them?

14) Now read through everything you've written for this set of Love Pages. Which of the 5 categories of boundaries apply to your challenge?

15) Are there boundaries that are helping you with your challenge? Are there ones that aren't? Be as detailed as possible, since you'll be creating a boundary plan in the next lesson.