

Setting Healthy Boundaries



About the Presenter

Angela Heeley is the Mental Health Promotion and Education Coordinator and has worked for CMHAWW for 11 years in a variety of roles, including crisis support, group facilitation, outreach, family education and suicide intervention.



Content



- 1 **Aware**
What are healthy boundaries?
- 2 **Explore**
Why is setting healthy boundaries important?
- 3 **Act**
How can you set boundaries you will be able to follow through with?

Boundaries defined...

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

(www.theresiliencecenter.com)

Types of Boundaries:

Physical

Intellectual

Emotional

Sexual

Material

Time

Rigid Boundaries

- Unchanging
- Often black & white
- Potentially dogmatic
- May be punitive



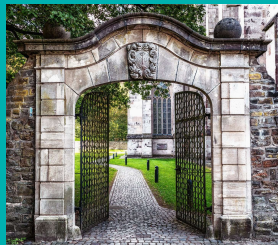
Weak Boundaries

- Non existent
- Uncertain
- Easily dismissed
- No follow through



Semi-permeable

- Able to keep boundaries
- Some flexibility
- Judicious use



Healthy Boundaries

- Taking care of yourself
- Asking for what you want or need
- Saying "no" to overbearing requests without feeling guilty
- Protecting yourself from being taken advantage of
- Protecting your safety
- Protecting your property
- Being able to assert yourself
- Participating in healthy relationships

What is getting in the way?

Conflicting behaviours?

Uncertainty?

Fear?

Guilt?



"If you always do what you've always done, you'll always get what you've always gotten."

~Henry Ford

Boundaries are NOT about controlling someone else

They are about your needs



Distressing emotions may alert us to the need to make changes & set boundaries.



It is not my job to fix or rescue others.

I have a right to express my needs honestly.

It is not my job to take responsibility for what others do.

I do not need the permission of others to take care of myself.

I am responsible for my own happiness.

I have a right to my own feelings.

I deserve to be safe.

Building Healthy Boundaries

Unhelpful Thoughts

- It doesn't matter what they are saying or doing to me. As long as I keep quiet they will eventually leave me alone.
- I have been hurt so badly in the past that I will never let anyone get close enough to hurt me again.
- I can't/don't know where to draw the line with others.

Building Boundaries

- I will stand up for myself and assert my right to be respected. If they choose to ignore me, then I have the right to leave or ask them to leave.
- I do not need to build a protective wall by being cold, distant or aloof in order to avoid getting hurt. I choose to open myself up and use what I have learned from past experiences to be assertive and protect myself from harm.
- I will draw a line that ensures my uniqueness, autonomy and privacy so that I can be who I really am and not what others want me to be. This will help to ensure we have a healthy relationship.

Building Healthy Boundaries

Unhelpful Thoughts

- I can never say "no" to others.
- I need to keep the peace in our family.
- I'll feel guilty if I do something by myself and leave _____ out.

Building Boundaries

- I have a right to say "no" to others if they are making me uncomfortable or violating my space/rights or asking me to compromise my beliefs and values.
- I have a right to take care of myself. If they insist on arguing I am free to leave the room. We all share the responsibility of making our family work.
- I have the right to do things that are uniquely mine, and explore my own interests and hobbies, so that I don't become so overly enmeshed that I lose my identity.



What is important to you?

- | | |
|-----------|--------------------|
| Safety | Financial security |
| Trust | Independence |
| Happiness | Property |
| Peace | Health |
| Respect | Freedom |



Setting the Boundary

- Allow sufficient time for the conversation.
- Be clear and direct.
- Use 'I' statements.
- Be consistent.
- Be realistic.
- Be assertive.
- Only set boundaries you are prepared to follow through with.

It is most helpful to have a conversation about your boundaries when you and the other person are calm, and not in the middle of a heated argument.



Boundary Setting

State the
issue

I feel...when...

State the
boundary

It is my
expectation that...

State the
outcome

If this doesn't
change I will...

Stages of Boundary Setting

KNOW YOUR VALUES

- Space
- Privacy
- Money
- Choice
- Respect

STATE YOUR LIMITS

- I need some time to myself when I get home from work.
- I want you to knock on my bedroom door before you enter
- I do not have any more money to give/lend you
- I would prefer to make my own decision about this
- I want to be treated with kindness and respect.

FOLLOW THROUGH

- I plan to take a walk /shower/ nap when I get home.
- If you keep entering without knocking I will install a lock.
- I will not give you any more money.
- I will ask for your advice if I need it.
- If you continue to yell at me I will leave the room/hang up.

Remember,

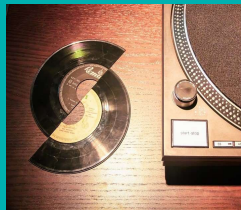
Some people may react negatively
to your boundaries.
That doesn't mean you aren't
permitted to set them!

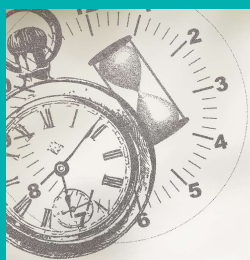


You may have to repeat
the boundary...often

You may feel like a
'Broken Record'

You will likely get 'push
back' or resistance to the
new boundary






Will it be one day....

or will it be day one?



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington



Visit us online
cmhaww.ca

For more information:

Questions regarding this presentation:
Angela Heeley
Email: aheelley@cmhaww.ca

For presentation requests:
Email: education@cmhaww.ca

References:

- * Boundaries: Where You End and I Begin – Anne Katherine
- * Johnson State College – Developing Healthy Boundaries
- * Lonewolf.com (Mateo Sol)
- * PositivePsychology.com
- * ReachoutRecovery.com
- * TherapistsAid.com

All content included in these slides is the property of CMHA Waterloo Wellington.
Do not copy or distribute without permission.
Slides are not intended as a standalone resource,
but a compliment to CMHA Trainer led education sessions.
Contact education@cmhaww.ca with questions or concerns.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington
