

Awareness Practice: Being Self-Lovingly Separate with Beautiful Boundaries

HONORING YOUR BOUNDARIES

1. Write down your responses to each kind of boundary below. Do you have any memories of them being broken, in the past or recently? Here are some descriptions:

Security: Feeling safe and that your physical needs are met.

Privacy: No one will pry into your personal things.

External Activity: What you want to do in terms of daily activity or life path. Do you feel free to see friends, make career choices, and have projects that appeal to you?

Internal Activity: Your opinions or attitude about things.

Respect: Being treated with dignity and kindness. Do the intimate people around you speak to you in the way they would to a friend?

2. If you have listed any way your boundaries are being broken currently, write down ways you can take charge of them.

For example, if someone close to you is breaking your external activity boundary as a way of showing they care about you, can you guide them to other ways they can show they care? If someone is telling you what they think you should eat, for instance, you could:

- ★ thank and acknowledge them for caring
- ☆ let them know that you're happy with your nutrition
- 🌀 invite them to celebrate your health in other ways with you

HONORING OTHERS' BOUNDARIES

Are you breaking anyone's boundaries — even if you're well-meaning, trying to help them?

Security: Are you not meeting someone's physical needs when they're counting on you? For example, promising to pick them up and forgetting, or not locking the door when you leave the house and they're home alone.

Privacy: Are you looking through someone's clothes drawers or computer without their permission?

External Activity: Are you pressing someone to spend time with you, exercise, lose weight, dress differently, have different friends, go out less, or do anything that they specifically haven't asked you to help them with?

Internal Activity: Are you pressing others to agree with you on some topic? When you visit family members during holidays, for example, can you allow them to have different views from your own?

Respect: Are you being kind to the people close to you?

Are you getting angry feedback from anyone close to you about entering their boundaries? If so, see if you can find another way to get what you need in the relationship. We talk about creating Joyful Solutions in the next chapter. Once you have some skill with these, see if you can create one to resolve the boundary issue.

The only way you can honor your and others' boundaries is through awareness. You don't need to vigilantly guard them, just be aware when you feel uncomfortable. Notice when someone is telling you what to do, what to think, or how to feel. Also, when you get an angry response from someone, consider that you might be entering their boundaries uninvited.

If you want to explore boundaries further, go to:

SucculentWildLove.com/Boundaries