


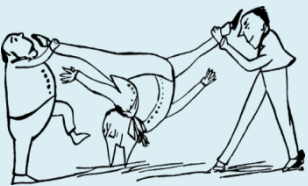
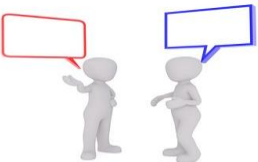


## TOOLKIT AWARENESS: Boundary Health Check

HEALTHY BOUNDARIES	POOR BOUNDARIES	WHAT TO DO
<p>You are clear what your boundaries are – physical, emotional, spiritual, time/ energy and material.</p> 	<p><b>What are your boundaries? Not sure? Don't feel entitled to them?</b></p> <ul style="list-style-type: none"> <li>- Adopt others' ideas and beliefs to be accepted.</li> <li>- Feel guilty when say 'No'.</li> <li>- Allow interruptions/distractions to meet someone else's immediate wants or needs.</li> <li>- Give too much because want to be seen as useful.</li> </ul>	<ol style="list-style-type: none"> <li>1. Spend some time reflecting on what is important to you and why - your values and beliefs.</li> <li>2. Build belief in importance of taking care of yourself and what that means for you.</li> <li>3. Think about specific situations and what your healthy boundaries are in each of them.</li> <li>4. Capture this thinking and revisit whenever you feel boundaries haven't been working for you and others.</li> </ol>
<p>Can be clear and calm in stating your boundaries to others.</p> 	<p><b>Don't clearly enforce your boundaries when you feel uncomfortable about something:</b></p> <ul style="list-style-type: none"> <li>- Say 'Yes' when you mean 'No'.</li> <li>- Acting in conflict with your integrity or values to please others.</li> <li>- Not speaking up when you have something to say.</li> </ul>	<ol style="list-style-type: none"> <li>1. Building on the above - be clear yourself on what your boundaries are - draw them - what's in and what's out.</li> <li>2. Practice saying NO.</li> <li>3. Practice speaking out more and stating your boundaries from a first person 'I' perspective e.g. 'I'm just not comfortable doing that'.</li> </ol>
<p>Can choose to allow others inside your boundaries. Allows development of positive relationships that are mutually beneficial.</p> 	<p><b>Boundaries too rigid-stops you allowing others in to support you:</b></p> <ul style="list-style-type: none"> <li>- Say 'No' when you mean 'Yes'.</li> <li>- Can't accept genuine offers of help and support from others.</li> <li>- Stops you compromising to build healthy relationships.</li> </ul>	<ol style="list-style-type: none"> <li>1. Begin to think differently about accepting genuine offers of help—reimagine the boundary to provide more choice for yourself.</li> <li>2. Choose those you trust and share more of the 'real you' to build stronger relationships.</li> </ol>
<p>Can flex boundaries to meet challenges of different contexts.</p> 	<p><b>Can't flex boundaries for different contexts:</b></p> <ul style="list-style-type: none"> <li>- May feel insecure.</li> <li>- Lack of self-respect.</li> </ul>	<ol style="list-style-type: none"> <li>1. Notice when you are digging your heels in - check out the purpose - is it to enforce a healthy boundary or is it that you can't flex to adapt to the particular situation?</li> <li>2. Choose how and when you can be flexible and still protect yourself and others.</li> </ol>
<p>Recognise and accept others boundaries.</p> 	<p><b>Not aware of or unsure of others' boundaries:</b></p> <ul style="list-style-type: none"> <li>- Keep on taking for the sake of taking.</li> <li>- Expecting others to fill your needs automatically.</li> <li>- Overly involved in others' issues and problems.</li> <li>- Overstep others' boundaries leading to upset/ conflict.</li> </ul>	<ol style="list-style-type: none"> <li>1. Notice when others are showing signs of resentment, overload, giving too much.</li> <li>2. Define your boundary – when is it OK to get involved in others' stuff and when isn't it? Ask permission!</li> <li>3. Check – do you know what others personal boundaries are? Notice &amp; find out.</li> </ol>