

What are your boundaries (exercise)

Q. What boundaries do you have that you are currently aware of?

Sometimes we discover what our boundaries are when someone else encroaches on them.

Recently, have you:

- Found it hard to say “no” to someone
- Found that your mood was very affected by someone else’s
- Found yourself overly sensitive to a comment that someone else made
- Worried too much about what someone else thought of you
- Done something to keep someone else happy
- Felt guilty over something relatively small
- Felt you had no time for yourself
- Overcommitted your time or resources
- Outsourced your decision making
- Felt like someone invaded your personal space
- Felt too much pressure to open up
- Didn’t appreciate how someone treated your personal property
- Spent too much time focusing on other people’s problems
- Wanted to ask for help but didn’t feel like you could
- Tried to control the behaviour of someone else

Q. As you reflect on those circumstances, is there a boundary issue at play?