A Few Thoughts on Boundaries

What is a boundary?
- Something that I need to do so that I am safe and healthy.
- A way for me to tell others what I need.
- My protection for my recovery.

Characteristics of a boundary
- It is reasonable
- It is simple to understand.
- I can say it in a sentence or two.
- It is not harmful to me.
- It is not harmful to anyone else.

Examples of boundaries
- Please let me sleep a few extra hours this morning.
- I need to take a walk this afternoon.
- Please let me stay in my room today.

Difficulties in setting boundaries
- Other people do not want us to do it.
- Others do not respect them.
- It hurts others' feelings.

The bottom line
- When others are upset about us setting boundaries they are actually more interested in what they think we should be doing, rather than truly interested in the healthy things we need to be doing for ourselves.
- If their feelings get hurt and they blame us for that - what they are saying is that their feelings are more important than the healthy things we need to do for ourselves.
- As we learn to set boundaries we protect our recovery and we may recover much more quickly.