

Our Beliefs About Boundaries

Session 1: Shantell Thaxton

Activity 1: Write down your thoughts and feelings about *boundaries*:



Self-Reflection: Can you identify a belief reflected in your thoughts and feelings that is manifested in your behaviors?

Information:

Terri Cole (psychotherapist and transformation coach) identified four reasons as to why we allow our boundaries to be violated:

- Fear of rejection and ultimately abandonment
- Fear of confrontation
- Guilt
- We were not taught healthy boundaries (unawareness)

Self-Reflection: Do you recognize any of these reasons as to why you either do not set boundaries or let them be violated?

Information:

Number 1: We let boundaries be violated because we fear rejection and abandonment from others. If we do not first know our own worth, and we tie our worth to our accomplishments and/or what others think of us, then it is clear why we would be so afraid of losing the approval of others. We will sacrifice our own feelings and happiness, often to our detriment, in order to keep others happy and approving of us. We ironically reject and abandon ourselves in order to be accepted by and connected with others.

Number 2: We have a fear of confrontation. This fear can originate from a couple of places. First, we are taught that contention is not good and that we should be peaceful and kind. Well, yes. It is good to be kind and peaceful and understanding. And there are times we should hold our peace. But we can still honor ourselves and our truth in a way that does not need to come from the lower vibration emotions of fear and anger. Those emotions tend to feed contention. We can speak our truth and honor ourselves without stirring up contention. But confrontation can and likely will happen if we start to stand up for ourselves and the other person does not like it. But that is okay, because it is our right to be honored.

Number 3: Guilt. It is a sure sign we have unhealthy boundaries if we say 'yes' when we mean 'no' or say 'no' when we mean 'yes'—and if we feel guilty when we say no. Guilt usually comes from a place not of recognition that we have done something that is not in alignment with our highest good or beliefs, but usually from a need to be pleasing, seen as good, or seen as enough—all coming from a desire to be loved, which if received allows us to feel of worth.

Number 4: We were not taught healthy boundaries (unawareness). We need to reflect on our childhood to see how boundaries were modeled for us. This can be an emotional journey, but one we need to take if we are to heal and begin to understand our experience with boundaries so we know what we need to do to bring healthy boundaries into our lives.

All of these four reasons originate from the same place—our need for love and acceptance. **It is the fear of not receiving love or being accepted that is the primary factor in our allowance of boundaries being violated.** But here is the key—we must first love ourselves before we can truly receive the highest form of love from another and not live in fear of love being taken away. We must set and honor our own boundaries before another person can honor our boundaries. And WE must set them. Boundaries are OUR personal truth. Only we can define them. By standing in our personal truth in a state of being whole and undivided then we are in integrity. A boundary is a limit that promotes integrity.

Integrity is about honoring our truth and ourselves. The biggest problem is not that we let others violate our boundaries, but that we violate our own. Every time we do allow another to violate a boundary we have violated our own boundary, and in essence we have betrayed and subsequently abandoned ourselves.

A boundary is not about controlling what others can and cannot do to you. A boundary is entirely about you defining and then honoring your individual sense of happiness, honor, and personal truth. A boundary is not about resisting others, but allowing ourselves.

Self-Reflection: Are you willing to change your thoughts, beliefs, and behaviors about boundaries?

Question Prompt: What would someone who loves themselves do?

The most common unhealthy and incorrect belief about boundaries is that it is thought of as keeping things out with a disproportionate focus on self. That is not truth. There is a difference between barriers, which are created from fear and keep everything out, and boundaries, which come from the highest form of love, honor, and integrity. And the absolute truth is that another person cannot truly honor us or love us unless we do that for ourselves first.

Boundaries are about honoring ourselves and others in every aspect of our lives.

Boundaries don't cage us; they are, in truth, what allow us to soar.

