



Boundary Setting

Another popular conversation I have been having is about boundaries. Many people think that by setting boundaries they may upset others but in reality, healthy boundaries facilitate healthy relationships. With boundaries set, both you and the other person know what is expected and allowed. If boundaries are unclear people may unknowingly overstep without even realizing it. Many conflicts arise from a perception of people disrespecting boundaries I never really set. Again, the assumption that everyone thinks like I do and therefore they should know that is not ok.....Sorry to burst your bubble, but nope on a rope, they don't!

Unspoken Boundaries cause frustration. So, this month, as we enter the 2nd half of the year, get clear on your boundaries!

What is one area in your life where you would benefit from having clear boundaries but haven't yet voiced them?

What is stopping you?

What is the worst that could happen if you did?

How can you go about putting those boundaries in place in a way that is beneficial for you and others?

Enforcing your boundaries is one of the most powerful acts of self-love. It also strengthens the right relationships and dissolves the wrong ones.

