

Boundaries



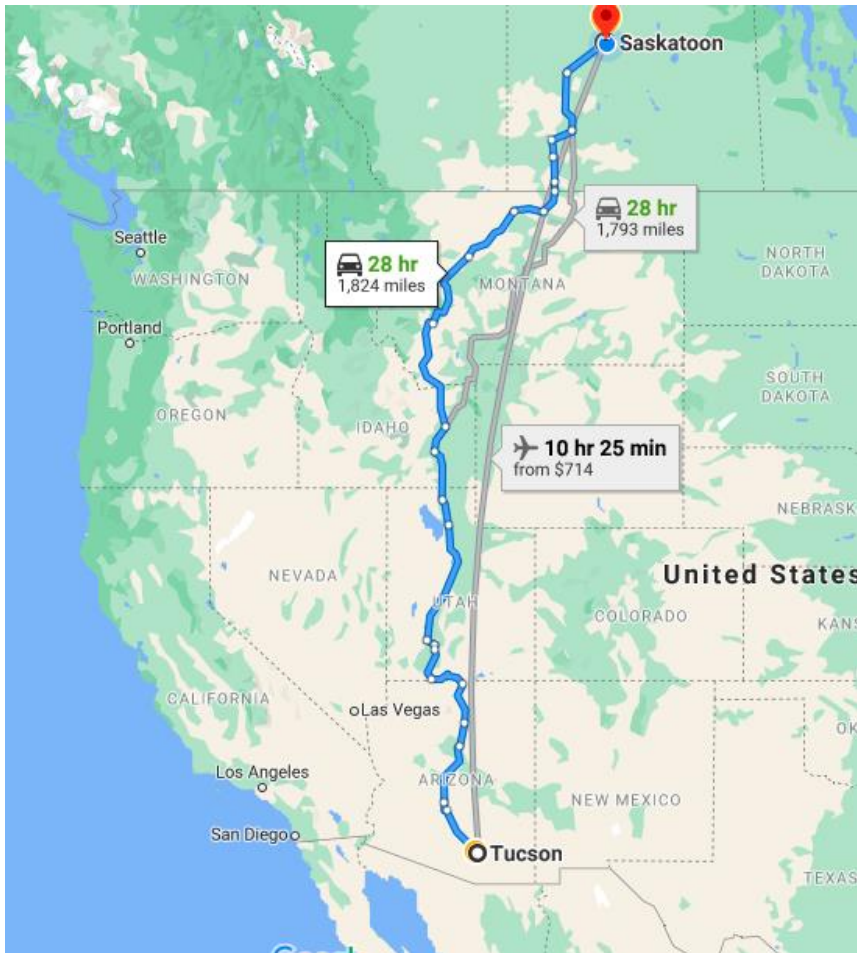
Ian B

Experience, Strength and Hope Group,
Saskatoon, Canada

Intro and Disclaimer

- Recovering codependent, not an expert in boundaries 😊
- I have no experience with sexual or physical abuse. For safety, I strongly implore you to get help from an expert before you start setting boundaries with people who may be prone to violence.

Saskatoon ???



Passive, Assertive, Aggressive Boundaries

Drawing time ...

Passive, Assertive, Aggressive Boundaries



Passive



Aggressive



Assertive

What are personal boundaries

- They protect us and the things we value
- Many kinds of personal boundaries
 - Physical, emotional, sexual, mental, spiritual, financial, freedom of choice (within society's boundaries)
- Boundaries are necessary with others & with ourselves

Why are Boundaries Important

- They are a requirement for healthy and loving relationships (tradition 5)
 - Boundaries are necessary for safety, self care and require self esteem, self love
 - Equal partners communicate boundaries with each other which leads to trust, vulnerability and greater intimacy

Responsibilities and Burdens

- Responsibilities are the things you are responsible for in life
- Burdens are the things in life that you legitimately need help with, that you can't do on your own, that HP never meant for you to face on your own

Boundary problems often occur when we

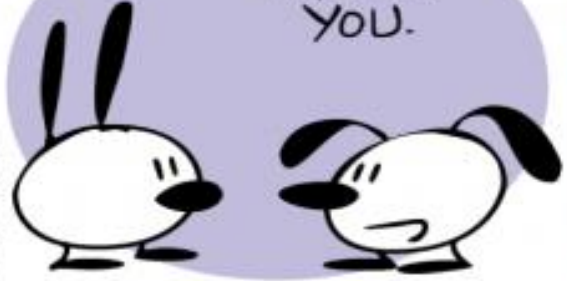
- Take care of other people's responsibilities
- Won't ask for or accept help with our burdens
- Control and manipulate others into taking of our responsibilities
- Unwilling to help others with their burdens and legitimate needs

I DON'T WANT TO TAKE CARE OF MYSELF, SO I EXPECT YOU TO DO IT.



mindbunty.com

NO THANK YOU.



YOU DON'T LOVE ME!!



What are problems caused by poor boundaries

- Compromise our values and integrity to avoid other people's anger
- Place a higher value on others' opinions and feelings ...
- Are unable to ask others to meet their needs and wants
- Put aside personal interests and hobbies to do what others want
- Accept sex as a substitute for love
- Become resentful when others refuse our offers of help
- Attempt to convince others of what they "should" think and how they "truly" feel
- Have to be "needed" in order to have a relationship with others

What are problems caused by poor boundaries

- We walk on egg shells
- We are unable to say no
- We say yes out of guilt, shame or “should”
- We become doormats
- We only do what our partners want
- We feel like we are constantly giving but it’s never our turn
- We make others our Higher Power

Why Codependents struggle with boundaries

- Co-dependency fundamentally believe we aren't good enough, that we are less than
- Instead, look to others for our sense of worth.
- We fear rejection and abandonment



**KEEP
CALM
AND
SET
BOUNDARIES**

How do we learn to have better boundaries

- Powerlessness to power over self
 - We are powerless over others (step 1) but in recovery we focus on what we do have power over ... us!
 - We need to start owning our responsibilities

Pre recovery we gave away our choices

- In recovery we learn to make and own our choices
 - Pre – recovery we let others make choices for us
 - Now we work to become responsible for our own choices and the resulting consequences
 - We realize that not choosing is a choice and also has its own consequences

Change of Focus – Others to Self

- Before recovery focused on “helping” others
- We knew we could fix them if we tried hard enough
- We thought we were unselfish and that they would be grateful
- As we focus on what we have power over:
 - We work on ourselves
 - We let others be responsible for themselves
 - We become responsible to our partners/children and not responsible for them
 - We accept that our choices have consequences

**THE WORST THING YOU CAN DO
FOR THOSE YOU LOVE IS THE
THINGS THEY COULD AND
SHOULD DO THEMSELVES**

ABRAHAM LINCOLN

Become Boundary Aware

- Pre recovery we felt rejected by others “no”.
- In recovery we recognize we have the right to set boundaries and so do others.
- We learn to ask for our needs and wants to be met and that others have the right to say no

Motives


- Doing for others can be right or wrong depending on our motives
- Giving results from choice, love and gratitude and not people pleasing or fear
- A gift can have no strings attached
- If we want something in return, we need to communicate that.

Consideration for Others

- When setting boundaries we need to consider if we are going to cause harm and take that into consideration.
- You cannot set a boundary and look after other people's feelings at the same time.

Feelings as Tools

- Fear? May need to set a boundary
- Resentment? Is someone violating my boundaries
- Envy? Do I want something and need to set a boundaries with myself to get it?



**WHEN YOU SAY
'YES' TO OTHERS
MAKE SURE YOU
ARE NOT SAYING
'NO' TO YOURSELF.**

PAULO COELHO

— ZERODEAN.COM —

Awareness – Acceptance - Action

- Serenity prayer “... courage to change the things I can and the power to carry that out”
- No one else can do this for me. I must take an action otherwise the same behaviours will just happen over and over until I am in enough pain to be willing to do something differently.

Fear to Open, honest Communication

- We need to make our boundaries clear before others can respect them.
- We need to voice our wants and needs.
- Only through communicating can we make progress with our boundaries.

My Experience, Strength and Hope

- My sponsor modelled good boundaries
- Learned to start with baby boundaries.
- I expect fear, guilt and maybe shame.

My Experience, Strength and Hope

- The more important the relationship, the stronger the fear
- I needed to value me.
- How important is it? What is the worst that can happen?
- A boundary isn't a boundary without consequences.
- Need to practice. Expect mistakes, receive pushback, or be reacted to.

My Experience, Strength and Hope

- Boundaries change the rules in relationships.
- Remember that boundaries can't be used to control others.
- Allow others to set boundaries with you.

My Experience, Strength and Hope

- Before saying yes, evaluate:

Four Key Questions

1

Did they ask?

2

Is it necessary?

3

Will it be appreciated?

4

Can I afford it?

My Experience, Strength and Hope

- If you need time to evaluate, say so.
- If they need an answer right away, say no.

My Experience, Strength and Hope

- Remember no is a complete sentence.
- When you are free to say no, you are free to say yes.
- Any boundary can be relaxed at any point you choose – it is up to you.

My Experience, Strength and Hope

- When I ask for help, I allow them to say no
- I have become more comfortable with the people who set boundaries with me.

Gifts from Boundaries

- Easier to detach with love
- I mind my own business more
- I feel less responsible for others
- I over-commit less
- I have less fear of rejection
- I have more time and do more self care

**“The
fastest way
to reduce
stress is to
learn
to say NO”**

- Mariela Dabbah-



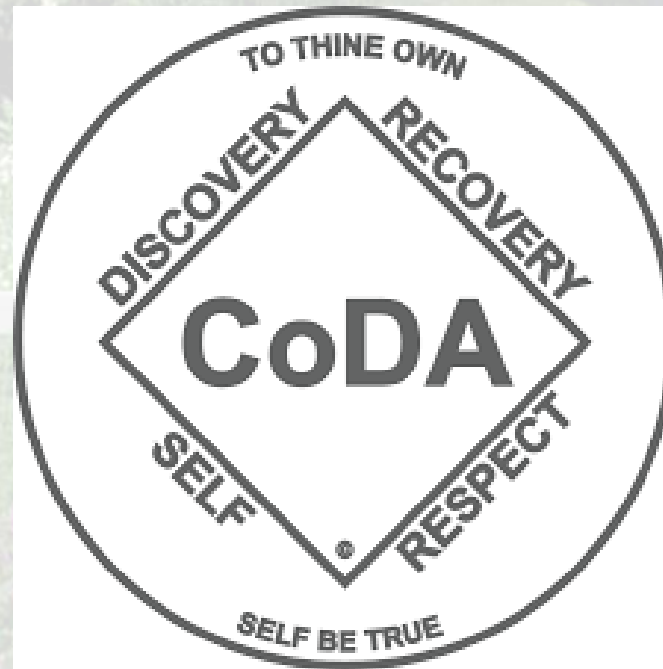
Gifts from Boundaries

- My new and renewed relationships are with equal partners
- I have deeper relationships with those who are trustworthy with my boundaries
- I accept others more easily
- The process leads to greater self love, and in turn I am more aware of when I need to set boundaries

Resources

- Patterns of codependency
- 12 Steps
- 12 Traditions!!!
- CoDA Blue Book
- Your sponsor
- CoDA Boundary pamphlet
- In this Moment
- Yourself! Chair a meeting on boundaries 😊

Thank you



Ian B - igbarrett@gmail.com