



## Boundaries: how to set and hold them

We set boundaries for our own emotional mental and physical safety, for our own respect, and to respect others. A healthy boundary is a demonstration of self-respect and respect for others.

Relationships are the cornerstone of our lives. When relationship boundaries are violated, it leads to breakdown in relationships in all areas - intimate, family, social and business. This leaves us exposed to manipulation or being used by others.

In all relationships, it is important to know where you end and the other person begins.

### What are boundaries?

Boundaries are an expected system that is put in place to prescribe limits and exclude people.

Boundaries keep us safe from external and internal intrusion and make clear what we expect, allow and accommodate in our lives.

Setting healthy boundaries is a necessary demonstration and a positive step towards emotional sobriety and living life on your terms.

Boundaries allow you to know who you are and what you think and feel from others' thoughts and feelings.

### Putting boundaries in place

It is almost impossible to experience and enjoy healthy relationships without clear, personal, boundaries and without the willingness to communicate these boundaries.

It is up to us to create boundaries and let others know what is acceptable to us, i.e. what you will and will not accept from others' behaviours. It is not up to anyone other than you to decide what works for you.

**We teach people how to treat us by what we allow. When people do not honour your boundaries, they are demonstrating what they think of you and teaching you what you think about yourself.**

When you start to set up new boundaries, consult with your coach or mentor. He or she can help you hold firm to your new boundaries.

---

People will not be happy when you start to set boundaries, especially when we have allowed bad behaviour for a long time.

When we have clear boundaries, it means we take 100 percent responsibility for who we are. We honour and respect ourselves.