

11 Tips For Healthier Boundaries

1. Before getting involved in a situation, know what is acceptable to you – and what isn't. Be very clear about it, at least with yourself, so you don't get pulled into giving just a little more... and more... until you are giving way to much.
2. Know your energy and time limits. We only have 24 hours a day and only so much physical, mental, spiritual and financial resources and energy. Don't overspend your own money, time, physical or mental strength or you will feel more and more bankrupt in those areas. Burn-out is a consequence of overspending your mental, spiritual and/or physical energy and a sign of insufficient boundaries.
3. Setting boundaries is not cruel or selfish. It is necessary for overall health and mental well-being.
4. Know your personal values. As different individuals, our limits and boundaries are different. Adjust your boundaries according to your physical, emotional, spiritual, cultural and financial values.
5. Know your own goals and priorities. They help define what's acceptable to you – and what isn't.
6. Listen to your thoughts and emotions. If you are feeling resentful, don't ignore it. This can be a sign of a boundary violation.
7. Learn assertiveness skills. Assertiveness is a continuum, from submissive and passive on one end to aggressive and dominant on the other. Stay in the "golden middle" as much as you can.
8. Respect and Love Yourself as well as others. The second half of the bible verse: "Love others as you love yourself" is often forgotten and read as that we "should" love others. We forget that we cannot truly love others if we don't love ourselves first.
9. Fill our own cup so it starts to overflow and then we can give freely from this over-abundance. I truly believe that this is the true meaning of this bible verse and the true importance of self-love.
10. Self-love is not selfish. It is the pre-requisite to being able to truly love others without giving up your own self-respect and self-identity.
11. Be your own best friend and treat yourself as such. Listen to the thoughts in your head. Are you mean to yourself? We often are. Ask yourself: Would you talk like this to your best friend? If the answer is "no, of course not", it may be time to become your own best friend.

Need help setting better boundaries? Set up a free chat over a cup of coffee or tea with me and let's talk! <https://social.docchristine.com/connect>