

Boundaries and Safe Coping

	Old Way	New Way
Trigger Situation:	My mother keeps criticizing my decisions.	My mother keeps criticizing my decisions.
<u>Your Coping:</u>	I get overwhelmed and resentful. I just let her talk at me until she's done. Sometimes I turn off my phone and binge-watch until 2AM.	I set a boundary by asking her to stop criticizing me—it is hurting me. And a can't listen to it right now and will leave the room (or hang up and take some space) if necessary.
Consequence:	I feel walked over. I know staying up won't make me feel better in the long term- I am tired the next day and don't feel like doing anything.	I feel better like I have taken control. She seemed surprised and didn't like hearing it, but it was OK.

	Old Way	New Way
Trigger Situation:		
<u>Your Coping:</u>		
Consequence:		



Boundaries

Boundaries ARE:

- healthy, values-based limit setting
 - what is OK for you based on your wants, needs, and internal experience
- exist within a relationship to keep that relationship operating at it's best where both people feel safe and valued
- exist within self to promote a sense of trust and security within

Examples:

- Saying, "I will need to remove myself from this conversation if the name-calling continues" when a family member criticizes your decisions.
- Respecting and understanding when a friend is unable to hang out this evening because they need "me" time.
- Saying "no" when asked to pick up a shift at work and you are tired or already have plans
- Giving myself time to process, "Let me think about that and get back to you." before giving an immediate answer.

My Boundaries

Making Space

New boundaries with *others* I'd like to try:

- What would happen if I made this change?

- What would happen if things stay the same?

- What coping can help me?

New boundaries with *self* I'd like to try:

- What would happen if I made this change?

- What would happen if things stay the same?

- What coping can help me?
