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# Developing and Supporting Boundaries You Need



Developing boundary expertise

- Takes time and being
- Intentional.

- You grow these skills.

- It is an awareness practice.

I am going to cover a lot today and

- If you want to dive deep into Boundary Recovery,

I have a deep online course. 20% off code TEXAS  
Sarrigilman.com

I also teach therapists how to help people grow these skills. Email me if are interested in a deep training.

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What are  
boundaries?

# Developmental Steps for Understanding Boundaries

Self-Care + 7 patterns

Emotions

Relationships

Extreme Boundary  
Challenges



# Signals from Your Compass

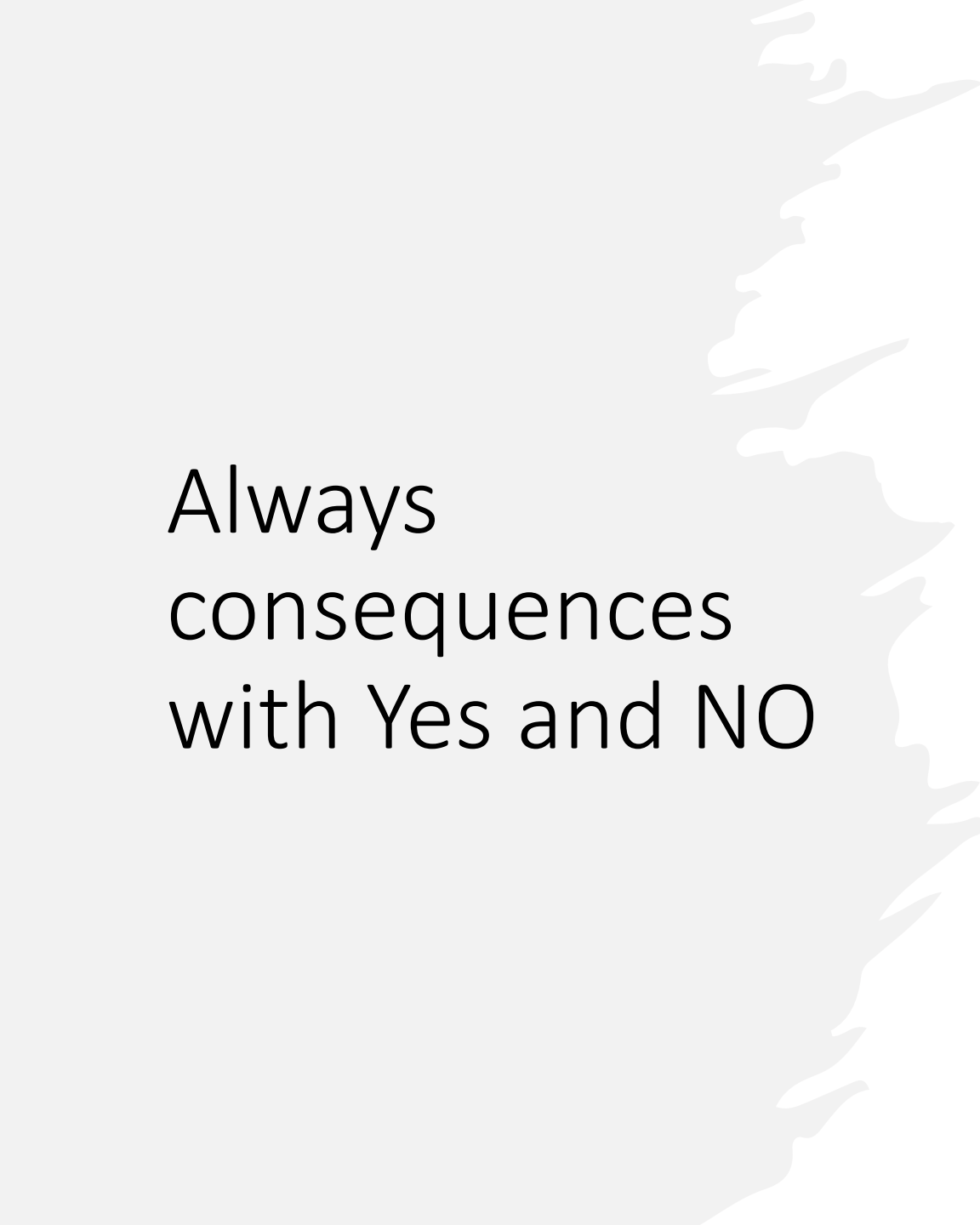


What happens when you don't listen to your Yes and No?

Symptoms You May Experience:

- Not Sleeping
- Running Away
- Drinking
- High-Risk Behavior
- Depression/Anxiety (not always about your Yes and No, but it can be)

List some symptoms you get when you ignore your Yes and No.



Always  
consequences  
with Yes and NO

- Easiest way to make a decision.



In this series, I've talked about self-care and it is the foundation of boundary growth.





# What are the Seven Patterns?

As we grow up with input, we adopt a pattern



**Workaholic:**



**Caretaker:**



**Protector:**



**Sacrificer:**



**Lover:**



**Isolator:**



**Numb-er:**



# Emotional Minefields

Use the chart below to describe a situation when saying Yes or No was emotional and hard for you.

Your situation	Feelings you were having	The boundary you set	How did you cope with your feelings?

Four ways you can get stuck by an emotion:  
Complete these sentences using your situation from the chart.

I can't \_\_\_\_\_  
\_\_\_\_\_

I feel guilty about \_\_\_\_\_  
\_\_\_\_\_

I should \_\_\_\_\_  
\_\_\_\_\_

I am afraid \_\_\_\_\_  
\_\_\_\_\_

# Emotional Cyclone

You are not crazy. Setting boundaries can be very emotional.



Your feelings, as well as other people's feelings, can make setting boundaries difficult.

- Anger
- Rage
- Disappointment
- Frustration
- Resentment
- Grief

Yes and No are not emotions.

Boundaries are not emotions.

Emotions will not guide you through the cyclone.

Yes and No are the guidance.



## Other people...

Do not maintain your boundary.

Show you how strong your boundary needs to be.

Will try to manipulate your boundary.



## *Are Boundaries Part of Your Job?*

Are boundaries an issue for your clients? If so, how?

How can you remind and encourage people that it is ok to have boundaries?

Do boundaries at your work tend to be clear, or are they unclear or undefined? What factors influence your answer?

When boundaries are being pushed at work, do you feel free to talk about the boundary? Is that conversation accepted at work? Is it encouraged?

Is boundary assistance available for you when you need it? What would that be?

Do you give boundary assistance to others at work? If so, how? If not, what impedes your ability to provide that support?

# Extreme Boundary Challenges

## *Six Extreme Challenges*

- 1. Trauma and stress**
- 2. People struggling in addiction**
- 3. People with mental health distortions**
- 4. Health conditions**
- 5. Wealth and power**
- 6. Authority**
- 7. Death/loss \***

Most people recognize that they have one or more extreme boundary challenges. Which ones are you experiencing now or in recent years?

An extreme boundary challenger is someone who may push boundaries all the time. Who in your life is an extreme boundary challenger?

# Steps for Extreme Challenges

1. **Be aware of yourself and what you need.**
2. **Know your Yes and No; be aware of your boundaries.**
3. **Take care of your feelings.**
4. **Define your responsibilities. (Challengers dump responsibilities onto others.) Be very clear about your financial responsibilities.**
5. **Define your time boundary.**
6. **Protect access to yourself.**

Draw a spider here:

Be a spider when you are in an extreme challenge.  
Create a web of other resources.

Know, and stick to, your limits.  
Anticipate that your limits will be pushed.





How do you grow boundary expertise

Speak your truth

- Get used to speaking truthfully about what is true for you
- This is not about laying judgements on other people - it's not about "them" it is about knowing what is true for you

# Create clear contracts with everyone

## CLEAR

- Things are in writing
- You know what you are paying or getting paid and when
- You respond and people know what to expect in terms of response

## UNCLEAR

- You feel taken advantage of
- You don't remember agreeing to what is happening
- You "thought" the other person would do something a certain way and they didn't
- You feel stuck

Boundary experts want to know and respect the boundaries of other people.

- Ask other people what works for them as well
- Notice the expectations or judgements you hear in your head about other people and their boundaries
- Try to find what wins for you as well





Experts can navigate  
very tricky  
situations where  
the boundaries are  
messy.

People and situations can be really messy. If it is safe, talk it through with someone in confidence. (not always possible)

Be very clear about your boundaries in messy situations

There is history, power issues, gossip, over-stepping

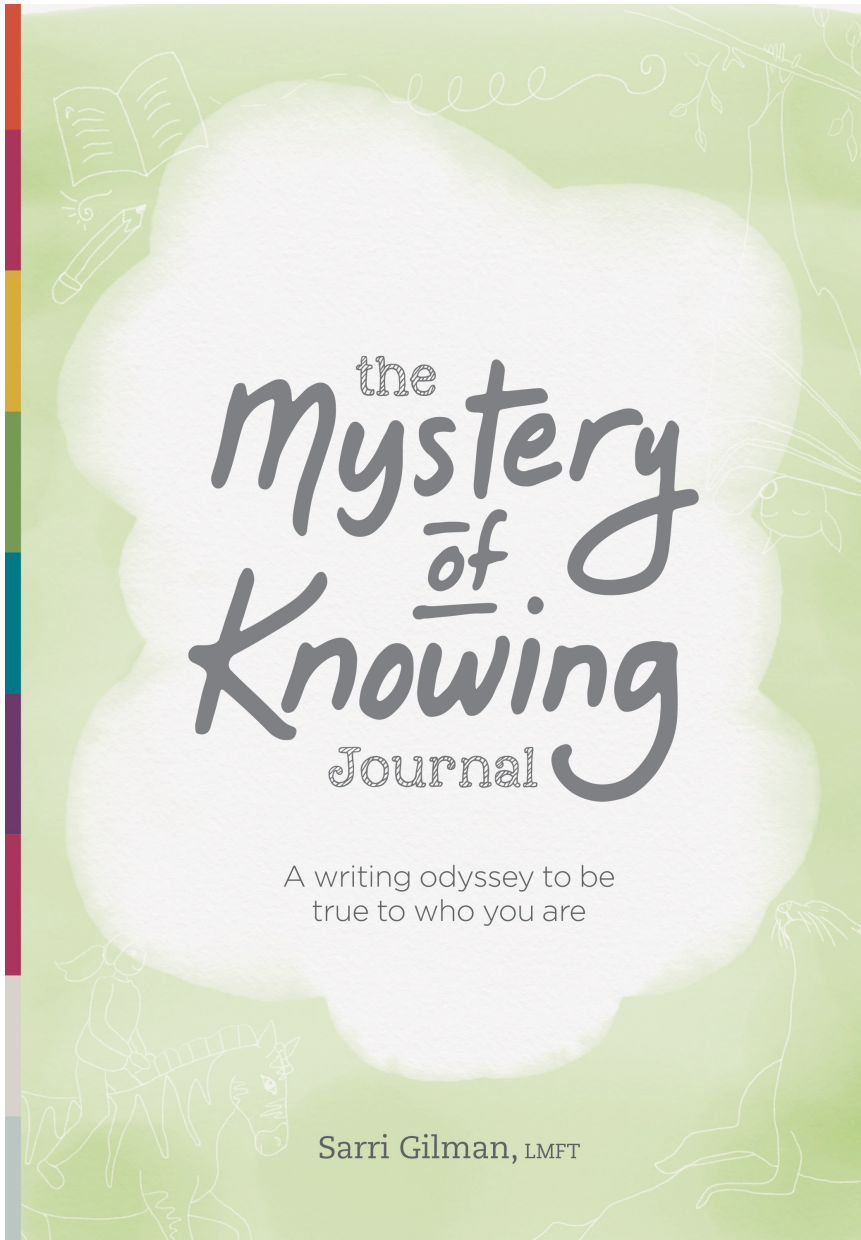
High drama situations

Notice if you are getting pulled into a riptide



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- By email, sign up on my website. [www.sarrigilman.com](http://www.sarrigilman.com)
- Use the discount code TEXAS to get 20% off on the complete Transform Your Boundaries Course Bundle. Please do not share these slides these are for your private use. Take good care, Sarri







# Thank You!

Discover more at

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