Boundaries: To create compassion and trust

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Introduction

• Boundaries are about me
• Boundaries increase compassion
• Boundaries build trust
• This leads to positive energy

Living BIG

• B: What BOUNDARIES do I need to put into place...
• I: so I can work from a place of INTEGRITY....
• G: and I can extend the most GENEROUS interpretations of the intentions, words, and actions of this person?
• Boundaries: what’s ok and not ok for me. What is me and what is not me. A dividing line. Setting limits.
• Integrity: getting clear on what are my values and beliefs and living in alignment with "my truth"
• Generosity: working from assumptions and intentions of compassion and grace

Why do we need clear boundaries?

• They keep us safe
• Reflects our values and beliefs
• Live from our true identity
• Discern our responsibilities

Ways we know we might need boundaries

• Offloading Hurt: a signal that we need a boundary
• Staying right below boiling point
• Bouncing hurt with anger, blame, and avoidance
• Numbing: "I can take the edge off with....."
• Stockpiling the pain until our bodies shut down or respond
• Feeling stuck- fear of movement and losing control
• Misalignment of inner and outer experience; Saying "yes" when you mean "no“ by ignoring my “gut”
Handling Anxiety and Stress with no Boundaries

- **Overfunctioning**: moving quickly to advise, rescue, take over, micromanage, and be in control.
  Crosses our own boundaries and those of others.
- **Underfunctioning**: Move toward less competency under stress and invite others to take over.
  Takes down boundaries.

**Internal Boundaries**

- Knowing what is OK and not OK for me.
- Owning my limits and acting/speaking in alignment with those.
- Builds self-trust: Did I respect my own boundaries? Was I clear on what was OK and not OK for me?

**External Boundaries**

- Respect others' boundaries and ask if you are not clear on those.
- Have "an ask" to clearly share what works for you and what doesn't.
- Choose boundaries that are in your control.

**Categories of Boundaries**

- Time (work schedule, how long you can meet with a friend)
- Finances (shopping, charity giving)
- Personal space, physical touch
- Emotions (telling someone to stop crying, or stop feeling a certain way)

** Integrity**

- Getting clear on what are my values and beliefs and living in alignment with "my truth"
- Choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them
- Our emotions can help us identify what values are getting "bumped into"

** Generosity**

- Working from assumptions and intentions of compassion and grace
- Believing that people are doing the best they can
- Generosity to myself and honoring my limits
- The capacity I have and others have will vary moment by moment and day by day
- Uncertainty and curiosity vs. certainty and judgement. Fact vs. Fiction

** Barriers to Living BIG**

- You will disappoint people when you set boundaries
- You will face fear and sadness
You must be intentional about noticing your inner world
You may face self-judgment as you bump against perfectionism and needs

Start Simple

- Get clear about what works and doesn't work for me
- My ask: putting it into words
- No, I am not able to do that. Yes, I can do that.
- No, that doesn’t work for me. Yes, that works for me.

    Stay simple, clear, authentic. Don’t over-explain.

5 Healthy Benefits of Boundary Setting

- Contribution to Others' Well Being
- Freedom From Bad Behavior, Fear or Pain
- Increased Self Esteem and Self Respect
- More Respect From Others
- Requirement for Honest, Direct Communication

5 Guidelines for Setting Effective Boundaries

- Back up boundary setting with action.
- Be direct, firm and gracious.
- Don’t debate, defend or over-explain.
- Have support easily available on the sidelines in the beginning.
- Stay strong, don’t give in.

If you are looking for ways to develop Confident Leadership let us know!

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