



AGENDA

- 01** Difficult situations for maintaining our boundaries
- 02** Why it is important to set & maintain boundaries
- 03** What to consider for maintaining our boundaries
- 04** What our reply can sound like
- 05** How to quit once you've committed yourself
- 06** How to react in tricky situations

DIFFICULT SITUATIONS FOR MAINTAINING OUR BOUNDARIES

When do we have difficulties in maintaining our boundaries?

- When we experience
 - Fear of rejection
 - Fear of conflict
 - Fear of being misunderstood
 - Need for harmony
- Desire for recognition
- Our own guilty conscience
- Being speechless / blindsided by the response of the other person

REASONS PEOPLE DON'T RESPECT YOUR BOUNDARIES

- You don't take yourself seriously.
- You don't hold people accountable.
- You apologize for setting boundaries.
- You allow too much flexibility.
- You speak in uncertain terms.
- You haven't verbalized your boundaries yet (they're still in your head).
- You assume that stating your boundaries once is enough.
- You assume that people will figure out what you want & need based on how you act when they violate your boundary.

COMMON RESPONSES TO BOUNDARIES

- Pushback
- Limit testing
- Ignoring
- Rationalizing & questioning
- Defensiveness
- Ghosting
- Silent treatment
- Acceptance

SET YOUR CLEAR & HEALTHY BOUNDARIES IN 3 STEPS

1. Be clear. Mind your tone. Use simple words. Take a deep breath.
2. State your need, request or expectation directly. Or just say no.
Don't just mention what you don't like. Ask for what you need or want.

I need ...

I want ...

I expect ...

3. Accept that feeling guilty, afraid, sad, remorseful, or awkward is part of the learning process of setting boundaries.

MAINTAINING BOUNDARIES: HOW IT CAN WORK OUT BETTER

Strengthen your awareness with the following questions

- When do you have difficulties in maintaining boundaries?
In what kind of situations?
With whom?
- What do you feel in these situations?
- What are you afraid of?

BOUNDARIES CAN SOUND LIKE

- I don't want to contribute to saying anything negative about the situation.
- I'd rather talk about myself than talk about other people.
- This isn't a good time for me to talk. I will call you later.
- I've changed my mind, and I'm no longer available / interested.
- I don't think what you said was funny. It was hurtful.
- I need some support. Please help me with ____.
- I hear you talk about this topic often and I don't feel equipped to help you. Have you considered talking to a therapist?
- I'm speaking. Please stop cutting me off.
- When I share something with you, please keep it between us.
- No. (Not maybe or let me think about it.)
- That doesn't work for me.
- I'm not coming to the gathering.
- If you help me, I don't want the help to come with strings attached.

TRICKY SITUATIONS & REACTIONS FROM OTHERS

How can we respond when someone is being passive-aggressive?

- „If you want something from me, ask directly instead of beating around the bush.“
- „For me, there seems to be some negative energy in your statement. Tell me, what’s going on?“
- „I feel like you’re more quiet than normal. I’m willing to listen if you have something you’d like to share with me.“
- „When I hear you bringing up issues from the past, it leads me to believe that you’re still upset. I wonder if you are upset with me?“
- „I don’t recall it happening in that way. Here’s what I remember...“

TRICKY SITUATIONS & REACTIONS FROM OTHERS

When people won't take a "no" for an answer, you might want to say this:

- I've already said "no", and it makes me uncomfortable repeating myself.
- Please stop asking me. The answer is no.
- If I change my mind, I will let you know. Please don't ask again.
- The answer is still no.
- I've stated my answer, and it's no.
- I have the impression, that you aren't respecting my boundary.
- No.