

Episode #32 – Creating Boundaries for Better Relationships



-Remember, from episode 31, dealing with negativity in relationships, “we teach people how to treat us.”

4 Steps for Creating Boundaries for Healthy Relationships:

1. Give yourself permission to have boundaries. It is a sign of self-respect, and when we respect ourselves then we can truly respect others. When there is respect in the space between us, our relationship can thrive.
2. Define what you need, the boundary, that would be helpful. For example, You need to concentrate and have uninterrupted time in order to complete a certain daily task at work. It would be helpful for you to close your door and ask that people not interrupt you for 1-hour each day.
3. Share that with the person(s) to whom that will be relevant. Be specific. Use “I-Language.” For example: I am closing my office door between 12 and 1 each day so I can work uninterrupted to complete a task that requires my full concentration.
4. Stick to the boundary! This will help re-teach people how to treat you in a way that is intentional and desirable.
 1. Re-evaluate your boundary when the time comes that it is no longer relevant. Adjust as needed.

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De Yarrison essentialshiftnow.com

Jackie Lesser jackielesser.com

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