



A CRUCIAL SKILL FOR CONTROL ENTHUSIASTS & PUSHOVERS

Setting Effective Boundaries™

The art of mastering getting your needs met



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Too “Nice” for Everyone’s Good?

Imagine you notice your neighbor’s yard has 3 inches of grass growth and weeds in the flowerbeds. You know your neighbor is meticulous about the appearance of their landscaping and so you decide to be helpful and lend a hand. You go to town mowing the lawn and weeding the flowerbeds. Then you notice that their mail hasn’t been taken in, and so you use your neighbor-key to bring it in. When you are inside, you straighten out the family room, do a load of laundry that appears to have been sitting there, and pick at a dish in the fridge as you are starving by now. Satisfied that you’ve done a good deed for the day you go home.

When you get home you notice that your neighbor is on the roof of your house. You ask them what they are doing and they report that they notice that your roof needed to be reshingled. As they approach you at the edge of the roof, the roof caves in creating a gaping whole. They catch themselves so they don’t get hurt, thankfully, but can now see your master bedroom through your roof. As your neighbor makes it down, the sky turns black and you remember the pending incoming storm. You rush inside to try to figure out what to do about the hole in the roof, to find that your family room is full of material to redo your bathroom. Your neighbor explains that they remembered you mentioning having renovating your bathroom on your todo list and decided to be helpful. The material scratched your new flooring in your family room. You hear the thunder and remember your master bedroom is open to mother nature. As you run upstairs to move things that could get damaged, you yell to your neighbor that you appreciate their help but all this was really not necessary and share that you also tried to be neighborly.

After apologizing profusely for the mishaps, your neighbor goes home. They call 5 minutes later, distraught that the gorgeous exotic flowers from Hawaii are no longer in the flowerbeds, that the washer machine is spewing suds and has flooded the basement, and that the gourmet dinner is now ruined for the surprise romantic dinner that evening...

Oops!!





WANT A LIFESTYLE OF CHAOS?

6:00 am — Alarm goes off, hits snooze several times, bleary-eyed and groggy brained from too little sleep. In the shower, ticks off the day's schedule and pending todos: breakfast, pack lunches, get backpacks ready, drop kids off at school, get gas, make it to work on time — hopefully...

6:45 — Rummages through closet for a presentable outfit, it's wrinkled and fits too tight. Kids move slow and can't get downstairs to breakfast.

7:45 — Drops off kids on time. Stuck in traffic. Puts makeup on using rearview mirror.

8:45 — Rushes into work. Missed beginning of first meeting.

11:59 — Friend calls with emergency. Takes time to talk her off the ledge. Misses half hour of lunch. Rushes to grab food and inhales it before lunch break is over.

4:00 pm — On the way out of the office to go to a parent teacher conference, boss asks for last minute work to be done that has to be taken home and would take several of the evening hours to complete.

4:30 — Parent teacher conference for younger child reveals behavior and emotional issues at school.

5:15 — Feels relieved for traffic so can have a few moments of peace and quite and no one tugging.

6:30 — Calls out dinner is ready for the 4th time. Family moves slow and unresponsively. Older child stares at food and is lethargic, but is not sick.

7:00 — Half way through dinner the phone rings. A school Mom is asking for help with the school play.

7:45 — Kids slink off. Partner is planted in front of the TV. Cleans up.

11:30 — After putting kids to bed and completing work project, there is no time for watching the recorded show. Partner is asleep on the couch. Questioning life and marriage, walks around the house picking up clothes, toys, newspaper, mail, etc. Throws in a load of laundry. Puts food out for the cats. And, makes it to the empty bedroom.

11:50 — Lays awake in bed with a book for company with tears streaming down the face.

WHAT IS THE PROBLEM?

Lack of Effective Boundaries! Confusion with responsibility or ownership...

THIS IS AN OUT OF CONTROL SOUL...

Riddled with eating, money, time, task completion, communication, sexuality, substance abuse, and other issues...



- Trying harder doesn't work
- Being nice out of fear doesn't work
- Taking responsibility for others doesn't work

Setting Effective Boundaries Works!



Congratulations, you made it! The fact that you found us, took action to receive this valuable content and are reading it, is a strong indicator that you are ready for change. Yayyy!! You have done the hardest part: Identifying you can use additional support in your Journey and taking action to get it. Double Yayyy!!!

So, why am I giving this to you? I'm giving this to you for a bunch of reasons, but the most basic and connected to my core is that I love couples and want them to be able to create and enjoy an awesome relationship with ease. What I call a MetroRelationship™. I love couples because I believe they are a stabilizing force in our world, and that when partners pair up and draw on their inherent synergy that magnificent things happen. Partners struggling, suffering, hurting each other, holding each other back and the like is such a pity and a waste!! It hurts me to see this. I want to put a stop to this. I want couples to create and enjoy a radiant relationship. We all benefit when this happens.

Because I'm intrigued by couples, by the relationship between the partners' brilliance and their couple success, I have dedicated my life to cracking the code on how partners create an extraordinary couple. I have always been curious how partners create their relationship, family and life. I'm devoted to creating ways to consistently improve and reach new heights in relationships. I know this is driven by my upbringing, immigrant background, training, research, work experience and my own relationship(s). I also know that my experiences have ALL been for a reason, and that they are informed at a cellular and energetic level by my Purpose in this world of being a stabilizing, healing and inspiring agent...

My work is infused with all this. I have created the MetroRelationship™ Philosophy and related material, including the Successful Couples Strategy™ to assist, guide and support couples on their journey. I have seen the most reactive and troubled couples make 180-degree turns and create an outstanding relationship.

Right now you might be experiencing a lot of bickering, repeating arguments and conflict, inability to resolve issues, no trust, negative emotional intensity, controlling, passive-aggressive, and manipulative interactions, distorted expectations, chaos, fighting, erratic behavior during disagreements, indecisiveness, stuckness and lack of forward movement, things going wrong, and a polarized approach to relating and to life. The bird's eye view of this shows a lot of drama in the relationship and life in general. These are characteristics of a codependent dynamic.

I want to introduce you to some powerful insights about couples and codependency so your relationship and how you are stuck makes more sense. This includes and focuses on Boundaries, a critical element for turning your relationship around. You will learn to tame the (overt and covert) reactivity, feel powerful in your relationship, have meaningful bonding interactions, and build intimacy with your partner. You will start to transform your current debilitating pattern and replace it with healthy and satisfying Interdependence. Are you ready for this amazing ride?



Your Partnership is the Answer...

We know being in relationship and managing a joint life is not easy specially when both partners have busy and demanding careers or commitments. Life can feel like a challenge everyday...

In my MetroRelationship™ Philosophy the Relationship is the cornerstone of our Life... There is inherent synergy in our partnership, which usually goes untapped... Our partner is our life Partner... Our partner is a Gift for our own evolution... They are the mirror to show us how we are being so we can see how we need to change. They are the playmate in the playground that is our relationship. They are the sand in our clam. They are the perfect match to trigger our sensitivities so we now have another chance to get what we didn't get growing up. When we get our core needs met, we heal. When we stretch to meet that of our partner, we grow.

As we evolve together we can create something amazing, of amazing impact... We do this through role modeling and being inspiring as a couple, through our (co)parenting, and through taking on a Cause for larger impact to humanity. But this can't take place if we don't crack the code on how to do our relationship well!

Partners have the tendency to go about their relationship with blinders on missing out on the opportunities for healing and growth. They miss the forest for the tree. They get stuck in their perspective and their usual MO in their interactions, viewing and treating each other like enemies as opposed to using this as the vehicle of possibilities that it is...

The key is to approach our partner as an ally, as our Partner, from a heart-centered place... From here we get that we are in this together, for a reason, and that being vulnerable and working together makes all the difference. Therefore we can have compassion for our mutual experience... This is the essence of our human experience...

When we miss this, we are not really living our Life... It's time to Awaken and live the life you were meant to live!





First Things First...

It's common for couples to struggle getting on the same page and seeing eye-to-eye, and when they try they end up fighting and disconnecting making things worse. Partners usually refer to this as communication problems, anger management issues, and other not so pretty diagnoses they impose on the relationship or their partner. They do this in an effort to understand why things are not working and to have something to focus on to try making things better. But, if it were as simple as this, partners would take a communication course or some such and the relationship would feel like paradise in no time.

This is also why focusing on just talking about issues, including improving how to talk about issues, on your own or in therapy does not work either...

There are actually a few things going on that need attention for partners to feel understood, in alignment, and together, for them to be able to create the relationship and joint life they want. And, believe it or not, we have a lot more control over the outcome of an exchange than we usually think we do...

Remember, we are in charge of what we contribute to our relationship and our life. What we give determines what we receive – our investment determines our return...



IF YOU ARE MORE ADVANCED...

A BIT OF CONTEXT

- ♥ Receiving **Less-Than-Perfect-Caretaking (LTPC)** is **"abusive" and traumatic** - not having proper reflection of self, a sense of being felt, by caretakers influences how we organize our brain and in turn our personality. Partners with a more severe history of trauma are higher impacted. Also, a witness of violence is a victim of violence...
- ♥ **Poor sense of self generates feelings of not being good enough and therefore shame.** Shame is the master emotion cursing through our being: a "carried" feeling of the "offenders" in our life (caregiver's "abuse"). Affect is generated by thoughts, but is also a running biological program...
- ♥ Chronic distress affects the "embodied brain" (nervous system) and impacts the right brain development which is responsible for: emotional understanding and reactions, autobiographical info and memory, relating self to environment reality and social group, maintaining a coherent, continuous and unified sense of SELF. **If integration of embodied brain faculties is prevented the result is the inability to regulate intensity and duration of affect and a poor sense of Self (weak Ego Strength, "fragmented", fragile) = REACTIVITY**
- ♥ **Secrets keep family energy stuck – preventing development and healthy separation.** Goal of the family is to disintegrate healthily (differentiate / individuate) where the offspring thrive as contributing adults to our world.
- ♥ **These are the basic underlying drivers that cause CoDependency** – a mixture of being Independent and Dependent... We want to flow into Interdependence...



A BIT ON CODEPENDENCY

- ♥ Partners might have **difficulties with addictions**; individuals shutdown to “survive” but then use addictions to feel, or don't shutdown but need to numb (addictions are now seen as attachment disorders...)
- ♥ Partners have **arrested emotional development**, they feel they are behind their peers and/or operate immaturely... They become enmeshed, fused, symbiotic as a result of the poor development and lack of internal boundaries. Here is where the world of projections resides - partners can't tell themselves from the other unconsciously...
- ♥ Their interactions **are reactive, volatile and chaotic causing further attachment rapture** and injury. Unknowingly partners put a knife to their bond when they allow themselves to become reactive whether it's actively or passively...
- ♥ They experience repeating patterns - they **create self-fulfilling prophecies** and collude in cocreating their reality...
- ♥ Their **meaning systems (story, tape, script) color their interpretation** and experiences – the 80/20 rule at work...
- ♥ They don't realize that disagreeing allows them to know the other person and create intimacy. But **disagreements are too threatening to the fragile ego...** And, so they fight to get the other to agree with them...
- ♥ Partners are **intent in saving or fixing their partner**, when we can only “save” or “fix” our own Self... They have a heightened concern over the behavior of the partner and perception of others. They experience hypervigilance and high tolerance for inappropriate treatment. There is an over focus on the other at one's expense. This is called deSelfing.
- ♥ They also have **a tendency for dissociation, to disengage socially, and for difficulty dealing with stress, adjusting** to new situations and integrating new experiences. This includes transitioning from one activity (or processing) to another...
- ♥ The partners have **poor internal and external boundaries and self-ownership**. They often lack self-awareness and sense of self contributing to their attempt at controlling others or allowing others to control them. Partners' needs and feelings are not appropriately recognized and inappropriate attempts are made at dealing with dissatisfaction. In the end, this exchange looks and feels like a lot of drama...





Signs that Better Boundaries are Needed!

...I'm sure that you have felt at one time or another: taken advantage of, stepped on, like a door mat, neglected, taken for granted, invisible, pushed around, not given credit, not acknowledged, stretched too thin, overwhelmed, over committed, at others' beck and call, pecked at, burdened, over responsible, bad mouthed, criticized, put down, dug at, cursed at, yelled at, ignored, stood up, betrayed, you get my drift...

POOR BOUNDARIES CREATE SYMPTOMS SUCH AS:

- Overcommitment of schedule and responsibility
- Anger management issues
- Unkept promises
- Lies and exaggerations
- Perpetual complaining / gossiping / whining
- Poor sense of self and confidence
- Addictions
- Health, financial and other problems
- Unsatisfying relationship (Codependent Relationship)
- High tolerance for inappropriate treatment
- Tendency to disengage socially
- Difficulty dealing with stress
- Difficulty adjusting to new situations and integrating new experiences
- Lack of personal accountability and follow through
- Unachieved goals, dreams and visions

WE NEED BOUNDARIES TO:

- **Define us** — What is me and not me, shows where I end and another begins provides proper sense of ownership *[fenced in yard]*
- **Protect us** — Keep nurturing in, harm out *[have barb and gate on the fence]*
- **Empower us** — Clarifies what to own, gives freedom *[can do with yard as wish]*
- **Organize us** — Responsible to others and for ourselves, carry our own load and can help others with theirs but it is still theirs *[responsibilities with yard]*
- **Promote us** — Taking responsibility opens up options! *[can show off yard and entertain]*
- **Preserve us** (purpose and mission) - Holds us true to our values *[can create lifestyle desired]*
- **Affirm us** — We get to authentically show up and shine *[win best yard of the neighborhood award]*



About Boundaries

BOUNDARIES CONTAIN:

Feelings, attitudes and beliefs, behaviors, choices, values, limits, talents, thoughts, desires, love

TYPES OF BOUNDARIES:

Skin, words, truth / integrity / authenticity, geographical or physical distance, other people, time, emotional distance, structure, expectations, consequences

TRANSGRESSORS OF BOUNDARIES:

- **Compliants** – say yes to bad
- **Avoidants** – say no to good
- **Controllers** – don't respecting others' boundaries (aggressive, manipulative)
- **NonResponsives** – don't hear others' needs

	CAN'T SAY	CAN'T HEAR
NO	THE COMPLIANT Feels guilty and/or controlled by others; can't set boundaries	THE CONTROLLER Aggressively or manipulative violates the boundaries of others
YES	THE NONRESPONSIVE Sets boundaries against responsibility to love	THE AVOIDANT Sets boundaries against receiving care of others



How Did We Get Here?

WE ARE BUILT FOR RELATIONSHIP.

Attachment, bonding, connection is the foundation of the Soul's experience.

In the formative years, through the developmental stages, in relationship with caretakers:

First there is Bonding:

Lear to be safe to withstand separation and conflict / differences

Then there is Separation (mommy is not me) and Individuation (own identity as separate person):

Learn to be separate, can do anything, but can't do everything

- **Attached without giving self up and freedom to be apart.**
- **Can say no without fear of losing love, and take no without withdrawing emotionally.**
- If caretakers withdraw or are pained by their child's boundaries / separateness – children learn to hide parts of themselves as to not lose the parent
- If caretakers punish for the need of separateness and individuation – children pretend to be obedient
- **Children learn to not set proper boundaries to stay connected...**
- And, then to top this off, there is the impact of *trauma (intense emotional painful experience) from emotional, physical and sexual abuse, accidents, illnesses, losses – death, divorce, financial hardship **where children's ability to self regulate is hindered...**

Note: a witness of violence is a victim of violence...

BOUNDARIES ARE ALSO AFFECTED BY PARENTING STYLES WE RECEIVED...

- **Democratic** – all have vote (children equal say as parents)
- **Authoritarian** – children don't have a say
- **Permissive** – no structure, guidelines, consequences, guidance (children fend for selves)
- **Ambivalent** – inconsistent structure, guidelines, consequences, guidance, availability, etc. (children don't know what to expect) – most damaging!



How Do You Set Effective Boundaries?

FIRST AND FORE MOST — STAY IN YOUR OWN CIRCLE

Imagine we are represented by circles. You are a circle and your partner is a circle, where the encircling lines represent your boundaries. Now imagine the two circles overlap by a 1/3. The middle area is the Relationship. You are each responsible for Minding your own circle and contributing awesomeness to the middle. If you leave your circle to go into your partner's, their circle gets crowded causing them to withdraw, shutdown or disappear... If you drag your partner into your own circle, yours get crowded with the same result. Either way, neither of you is Minding your own circle becoming disempowered, not present and unavailable for your Life... This works the same way if your partner is doing the boundary crossing. Most of the time, a combination of boundary crossings by both partners takes place, making for stuck interactions and dynamics...



THEN, GO DEEPER...

Switch from setting limits on others to setting limits on your self!

- What are the symptoms?
- What are their roots (what caretaking did you have)?
- What is the boundary conflict?
- Who needs to take ownership?
- What do you need?
- Meet the real need (heart centered, emotional, healing)



You might get resistance from others as you start evolving, changing and transforming your dynamics – these might come up...

- Guilt messages
- Physical reaction
- Pain of others
- Blame
- Real needs of others
- Consequences and countermove

You might get resistance from yourself as you start evolving, changing and transforming your dynamics – these might come up...

- Unmet developmental need
- Unresolved grief and loss
- Fear of angry person
- Fear of the unknown
- Fear of abandonment

The best approach to having an amazing relationship is to expand our capacity and skill for being tolerant, accepting, and compassionate towards our partner while being accountable and having appropriate boundaries ourselves... We don't want to freak out over mundane things, and we don't want to overlook inappropriate and harmful behavior and attitudes.

The best approach to having an amazing relationship is to really mind what we put into

it... We tend to focus on what our partner puts in, victimizing ourselves... We pat ourselves on the back for putting in things we want to put in, as opposed to things that nurture the relationship and that our partner prefers. What's the point of that?! We don't have to work so hard or invest so much. We just have to do the right kind of investing, giving in our partner's love language. It goes a longer way...

**There is a saying in networking circles:
"Givers, Gain" ...**



Take responsibility and empower yourself

Your relationship(s) will not change unless you change!

Now, we are not looking to change your core you. We are looking to have you continue to grow up and develop. We are looking to have you Evolve. This almost feels like you are a different person. Yet, the Essence of you is still there. It's an amazing experience. You don't lose you, you gain YOU.

Your partner cannot get you if daggers (nagging/criticizing or stonewalling/dismissing) are coming at them. It is your job to be a responsible sender of your message. It is your job to hear your partner. It is your job to set boundaries and get your needs met. When each partner takes responsibility for their side they automatically invite the other to respond differently. ALWAYS look at what you can do differently regardless of what your partner is doing.

This includes setting boundaries for inappropriate behavior, which at times might mean leaving the relationship. Sometimes our partner is slower on the uptake, and we run out of juice or stamina to continue trying to change the pattern. Your job is to recharge your Self and get support. Worst-case scenario, you can decide you no longer want to do this. That is always your prerogative. Just know, that if you haven't stretched enough to develop your Self that your Composite hasn't changed and therefore you will continue to attract and cocreate relationships with similar patterns...

Taking responsibility means doing your own work to evolve your Self. It means taking responsibility for your own state of mind and conscientiously working at changing it to a positive state at all moments... Feel all your feelings, but don't dwell on hurtful or negative ones. Feeling bad does not validate that you've been wronged. Keeping yourself in that state just means you are playing victim. STOP THAT! You have control of how you feel... Take charge!

When you choose to feel bad and dwell in feeling bad, you are not taking responsibility for yourself. You are not being accountable for yourself and to your loved ones and are missing out on creating the next beautiful moment. When you do this, you are actually disempowering your Self, and you are most likely in your partner's circle... Which disempowers them in return. This is a lose-lose situation.

Get out of your partner's circle and back into yours. Get yourself in a better state and then go find your partner to make things better and keep things moving. It is imperative that you take charge of yourself!

This does not mean we are enabling our partner to wrong us. It means we change how we show up so we can invite and inspire our partner to show up better for us as well...





THE PRACTICAL SIDE OF THINGS

Now you have a better understanding of why you might get stuck in your relationship with your partner and why it's challenging to get on the same page and see eye-to-eye. It's time to learn the practical side of how to better communicate and synchronize.

Improve your communication skills

When and how to pursue dialoguing (repeat, validate and empathize with what you hear):

- Not necessary to speak in dialogue form in casual conversation
- Invite your partner to dialogue when a topic is hot, you need to process something or address an issue
- You both need to agree to speak dialogue for it to work - don't start a dialogue without consent first
- If the moment is not right, already hot... or not conducive for private and uninterrupted talking, jointly choose an appropriate time to dialogue
- Should the agreed upon time come and for some reason it no longer works for either partner it can be rescheduled
- A dialogue request cannot be postponed, or rescheduled, for more than 24 hours
- While waiting for the dialogue time, it is the responsibility of each partner to get themselves in the right frame of mind for a productive dialogue. This is not time to egg yourself on, or lay in wait to pounce, or throw up, on your partner! If you can't regroup, do not engage in dialogue, it won't work... Your job in this situation is to work on changing your state...
- Should the dialogue start becoming hot, work on managing the reactivity. If unsuccessful request to a time-out, regrouping time, to prevent further escalation. Don't simply disengage from the dialogue, create safety around this and stay connected: give warning that will need a break, request pause and provide a reasonable return time

Become irresistible to your partner

When we don't own ourselves, own our partner instead, are in a perpetual state of dissatisfaction in relation to our partner, operate from fear with freeze, fight or flight responses, use whatever flavor our ego and defense mechanisms take, are in a state of low vibration energy and negativity, we are not attractive. In fact, we are down right repulsive!

When we start owning our Self and are mindful, respectful, intentional, boundaried, vulnerable, compassionate and appropriately engaged, we feel 100% better and sparkle. We are a lot more attractive and inviting to our partner. We seduce and inspire them to be there for us the way that touches our heart.

To expect our partner to do this when we are being repulsive is just ridiculous. That expectation just sets everybody up for disappointment and torture. You are just inviting more of the same pattern and creating a lose-lose situation.

Your job is to show up with your best Self and to continue to evolve your Self (through stretches, etc.) – that's it!

From that place, magic happens.

From that place, your partner trips over themselves to be there for you...



WANT A LIFESTYLE OF FREEDOM, JOY AND INTIMACY?

6:00 am – Alarm goes off, realizes can do without it as has been awake for a few minutes and is ready to embrace the day. Feels refreshed and rested due to getting enough restful sleep.

6:45 – Slips on a new, perfectly fit outfit – two sizes smaller thanks to new diet and exercise program.

7:30 – Finishes breakfast with family, beds are made, homework is done, lunches are packed. Gets kids to school on time. Has spare time to put on makeup leisurely in front of the dresser.

8:45 – Walks into conference room to run meeting of own team.

11:59 – Friend calls with emergency. Gives time to connect later. And is off to lunch.

4:00 pm – Prior boss is now part of team and has last minutes questions. Asks to be sent email about it.

4:30 – Parent teacher conference for younger child goes very well. Partner attended as well.

5:15 – Feels grateful for traffic so can have a few moments to be in silence and grateful.

6:30 – Mother-daughter time during walk around the block to connect with older child who is now reengaged with family.

7:00 – Half way through dinner the phone rings. A school Mom is asking for help with the school play. It goes to voicemail.

7:45 – Family helps clean up.

9:30 – Homework is done. Prep for next day is done. Kids are in bed. Couple time.

10:15 – Lays in bed, snuggled next to partner feeling happy and grateful.





Here is to your most successful relationship and life!

NEED HELP?

If you are committed to creating the life and relationship you desire, are highly motivated, and serious about making your relationship work, or attracting the right love into your life, but need support and guidance doing this, contact us for a:

**Schedule your Get Acquainted Call
to learn more about how we can help you and to get started**

<https://metrorelationship-moss.as.me/GAC>

You can reach us at 212-537-9055 or via email through the contact us on our site:

www.metrorelationship.com



We can help you create the relationship and life you desire!



Emma K. Viglucci, LMFT has been in the mental health field in varying capacities for the past 20+ years. She is the Founder and Director of MetroRelationship.com a practice specializing in working with busy couples and intimate partners who are struggling getting on the same page and feeling connected. They help couples create a radiant and authentic relationship and meaningful life by becoming a strong partnership and increasing their connection, intimacy, and fun. She is the creator of the MetroRelationship™ philosophy and the Successful Couple Strategy™.

YOU CAN CREATE YOUR METRORELATIONSHIP™ TODAY!

Enjoy your Successful Relationship & Meaningful Life™

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