



# *Cultivate Cooperation & Harmony for Wellbeing*

*Set Effective Boundaries and Establish a Nourishing Self-Care Practice*

**By Emma K. Viglucci, LMFT**

Personal Development and Relationship Expert

*Workshop 3*

**BOUNDARIES**

**METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC**

[www.MetroRelationship.com](http://www.MetroRelationship.com)

Copyright © 2000-2019 Emma K. Viglucci, LMFT



## *Cultivate Cooperation & Harmony for Wellbeing*

*Set Effective Boundaries and Establish a Nourishing Self-Care Practice*

### *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...

#### **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...

Eating, money, time, task completion, "tongue", sexuality, substance abuse 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!*

Concepts borrowed from: Boundaries by Henry Cloud & John Townsend

### 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 we want]
- 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:

- Compliant – say yes to bad
- Avoidant – say no to good
- Controller – don't respecting others' boundaries (aggressive, manipulative)
- NonResponsive – don't hear others' needs



Transgressors in Action:  
Boundary Conflicts

	Can't Say	Can't Hear
NO	<i>The Compliant</i>	<i>The Controller</i>
	Feels guilty and/or controlled by others; can't set boundaries	Aggressively or manipulative violates the boundaries of others
YES	<i>The NonResponsive</i>	<i>The Avoidant</i>
	Sets boundaries against responsibility to love	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...

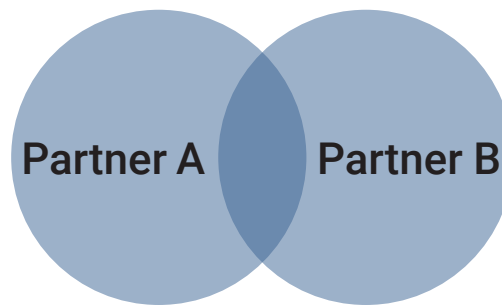
**Boundaries are also affected by Parenting Styles we received...**

- › 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...



Middle Area is the Relationship

**Our job is to bring our Authenticity and Radiance to the Middle!**

**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 (the driver)!



## Resistance

- Guilt messages
  - » These are really anger, sadness and hurt in disguise – the other rather focus on you than on their feelings – show understanding and compassion for their position
  - » If it works on you, it's your problem...
- Physical reaction – get to safety
- Pain of others – remember that the boundary is necessary for you and helpful for them
- Blame – confront ownership
- Real needs of others – if you reached the edge, send to others for help
- Consequences and countermoves
  - » What do you get from lack of boundaries...? Might lure you back...
  - » Decide if willing to risk loss
  - » Be diligent to practically make up for the loss / deal with consequences of your boundaries and power moves of others
  - » Setting the limit is the beginning – get support to stay the course!

## Internal Resistance

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

## BONUS:

- For young adults, time away from parents allows to move from old ways to new ways of relating
- Physical distance once got to the edge – to replenish physically, emotionally, and spiritually
- Opening up emotionally to abusive or addicted person without true change from them is foolish. Maintain guard until you see sustained change.
- “Loving too much” is a gift and a curse. Set and maintain boundaries with support – need group/network...

## Measuring Your Boundary Setting Progress:

- Resentment – early-warning signal
- Change of taste – drawn to boundary lovers
- Join the family – real attachments and connection with others
- Treasure your treasures – time, money, feelings and believes
- Practicing baby no's – true intimacy is built on freedom to disagree
- Rejoice in the guilt feelings
- Practicing grownup no's – can't really love until we have boundaries – otherwise we love out of compliance and guilt
- Rejoice in the absence of guilt feelings
- Loving the boundaries of others
- Freeing our no and our yes
- Mature boundaries – value-driven goal setting

## Self Management from the Inside Out

### Key Components:

- Structure – chunk calendaring / time-mapping
- Focus – “all roads lead to X”, \*values / goals
- Routines – systematized, value driven, include success habits
- \*Energy – manage your state
- Pattern Repetition – make “recurring events”

*\*Refer to the prior Workshop: Start Your Year Right™*

### Extreme Self Care...

**Healing** - spiritual, holistic, wellness and success services / activities such as:

- Enough sleeping
- Drinking lots of water
- Juicing, Clean Eating & Supplementing / Wellness coaching
- Exercising
- Praying
- Meditating
- Brain Retraining
- Yoga
- Stretching
- Massage
- Reike
- Acupuncture
- Chiropractor
- Rolfing
- Colonics
- Religious Services / Groups
- Support Groups and Workshops
- Psychotherapy / Other therapies

**Decadent** - pampering and nurturing services such as:

- Physical trainer
- Spa & Grooming
- Stylist
- Personal shopper
- Personal Chef / food delivery
- Juice service
- Organizer
- Flower delivery
- Personal Assistant
- Housekeeper
- Laundry service
- Bookkeeper
- Driver
- Other:

## *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 getting enough restful sleep.

**6:45** – Slips on a new, perfectly fit outfit – two size 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.



*We Love Serving You!*  
**[www.MetroRelationshipPrograms.com](http://www.MetroRelationshipPrograms.com)**

*Feel Better. Love Better. Live Better.*

Copyright © 2000-2019 Emma K. Viglucci. All rights reserved.