



Reclaim Your Voice, Energy & Time

Empower Yourself by Setting More Effective Boundaries

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You CAN create the relationship & life you want!



Setting Effective Boundaries

Signs that better boundaries are needed

Drama, chaos & turmoil

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

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Boundaries provide the foundation...

They organize who we are and how we operate...

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]

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Boundaries characteristics

You can visualize them...

Boundaries Contain:

Feelings, attitudes and beliefs, behaviors, choices, values, limits, talents, thoughts, desires, love, all of you – your Essence

Types of Boundaries:

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



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Boundary setting is impacted by how we were raised

Our ability to self-regulate...

Boundaries are affected by Parenting Styles we received:

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



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Simplest way to set Effective Boundaries

Mind your circle...

How Do You Simply Set Effective Boundaries?

**Switch from setting limits on others to setting limits on yourself:
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.

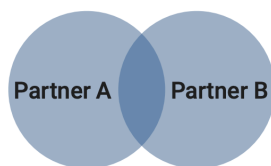
Now imagine the two circles overlap by a 1/3. The middle area is the Relationship. You are each responsible for Minding your own circle and contributing awesomeness to the middle.

~ 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!

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Advanced way to set Effective Boundaries

Get proactive, go deeper...

Once you are able to contain and manage yourself and your surroundings more by owning yourself and staying in your own circle –

Next is to get more proactive in addressing boundaries:

- What symptoms do you experience (ID troubling feelings, behaviors, defenses)
- What is the boundary conflict (ID misowning circles, dirty thinking)
- How do you take ownership (Mind the circles and address your 80%, of the 80/20 rule)
- What are the roots of the symptoms (ID caretaking you had and what is triggered)
- What do you need (ID your vulnerable feelings and translate into needs)
- Meet the real need! (the driver from above, the antidote to the parenting style...)



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Assignment

Address the dysregulation, have your own back The basics...

Help yourself help yourself!

✓ Embrace a robust, rich, and extreme Self-Care Practice...

This helps with the self-regulation, connecting to your Self, and expanding your capacity...

✓ Design and implement your Time Map...

This helps create a structure, a framework, to hold and guide you

Create Amazing Days!

Extreme Self Care...

Healing - spiritual, holistic, wellness and success services / activities such as:	Decadent - pampering and nurturing services such as:
<ul style="list-style-type: none"> • Enough sleeping • Drinking lots of water • Juicing, Clean Eating & Supplementing / Wellness coaching • Exercising • Praying • Meditating • Brain Retraining • Yoga • Stretching • Massage • Reiki • Acupuncture • Chiropractor • Rolfing • Colonics • Religious Services / Groups • Support Groups and Workshops • Psychotherapy / Other therapies 	<ul style="list-style-type: none"> • Physical trainer • Spa & Grooming • Stylist • Personal shopper • Personal Chef / food delivery • Juice service • Organizer • Flower delivery • Personal Assistant • Housekeeper • Laundry service • Bookkeeper • Driver • Other:

Structure: Create your next step TimeMapping – select "chunks of time" for specific kind of activities (label neatly leaving space to write in more detail)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before "Work" or Day Activities							
Morning							
Afternoon							
Evening							

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