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## Next Week: All About Boundaries

Boundary – what is a boundary?

limits and rules we set for ourselves within relationships

### Courage and boundaries – theme for the day

Have the courage and knowledge to take care of self first

Awareness of how and where we are

Willingness to **set** those limits and rules

Protective boundaries – when hear blame, can set it aside and not take it on

Containment boundaries—decide what is appropriate for self in this moment

Family

Adults/Children

Friends

Adults/Children

Boss/Supervisor

Co-Workers

Intimate Partners

Strangers

Big blanket assumptions → resentments build

Other drivers

*Easier to chit chat than in social settings (transactional vs needing to remember and engage more deeply) → novelty, they have no frame to judge us (judgment free zone)*

Animals

Our pets/others' pets/wild

Environment

Respecting others boundaries vs respecting our own

Avoid upsetting others

Empathy comes into play

Neutralize the situation

Give too many outs

How to hold my own boundary; how to maintain our boundaries

Learn to create/set a boundary? Practice?

ADHD intersections (perfectionism? impulsiveness? all/nothing? Others' focus? Rejection? Empathy? Feeling like we're disappointing others?)

Are our boundaries realistic? Reasonable? Reconfigurable?

Honest with self?

When do we resist our own boundaries?

Flexibility/permeability vs rigidity/concretizing

How do we reinforce?

What are the consequences for violating our boundaries?

How do **set them** in first place?

How do we **communicate them**?

They don't have to agree with them, they do need to know them (ideally at outset or first opportunity)

Keep it simple. No long explanations required; no defense required.

I heard, I felt when ..... Was that your intention? (when a boundary may have been crossed)

How do we **enforce them**?

And when others speak theirs and enforce theirs?

Think boundary first. Be comfortable with my own so I can recognize that others are doing the same.

Would rather they don't tell me I crossed a boundary – let them take the action that supports them.

What are other options? Remind person of boundary, create new awareness, acknowledge and share need. Opportunity to learn, practice.

Boundaries as a way to protect and safeguard the relationships we have and those that matter.

Connotations of word "boundaries"

Think of as owner's manual for self

Points to need to slow down, ponder our own intentions and our feelings

Assume the other has best intentions at heart. Offer benefit of the doubt. Perhaps they simply don't know.

Also speaks to value of gratitude – intentionally identifying things/people/situations to be grateful for

How do we step back from taking on the responsibility of managing another person's feelings? To fix it? "emotional permeability" → taking on others' feelings, intermingling with our own

How does the ADHD desire for perfection allow others to interfere with our boundaries?  
Don't want others to think less of us

How to manage intersecting/overlapping boundaries?  
Triggers?

We're all human beings, doing our best.  
Leading with idea we're all doing our best, will make mistakes (us and them), try again.

Can feel "so extra" when feel so much anyway.

Finding ways to "do" things that advance relationship rather than "talking" it into the ground? Option to support REBUILDING boundaries and preserving relationship.

Easy to forget how much we care about one another.

*Side: disordered sleep → humans who stayed awake, standing watch*

*Ah ha moments*

*? session on what has worked not to assign my feelings to others – assuming how they will react, feel, etc.*

*? session on negativity bias*

*? awareness, mindfulness, being present*