

Boundaries and Self-Worth

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What's a boundary and how are they connected to self-worth?

A line that is set and won't cross or won't let others cross.

Like borders, they may be "artificial" – with exception that we can things like my body is a boundary. Fluidity can be problematic.

Intention/self-view of boundaries may be different from others' perception

Communicating boundaries

Knowing what I need and being able to ask for it – can be taking an action or sharing with others.

Starts with knowing one's own self, triggers, and being able to communicate them

Boundaries vacillate. Can shift. Can change.

May find self in shock and not know how to respond

"None of your business"

Learning others' boundaries as well as our own (our own impulsivity)

What about boundaries with our own selves?

Could be limiting

Could be disciplining

Could be caring for self

Connection between boundaries and our own self-worth?

Impulsivity steam rolls over that boundary – what to do?

Using play and humor to make a boundary for myself that would be of service to self more palatable and fun

Being okay with returning to the decision and telling others that can't keep commitment in advance of it – too much on plate, etc.

Managing our energy – being mindful of this and ask the question prior to responding to pause

I reserve the right to change my mind.

People- pleasing vs something we have an authentic interesting in?

May be grounded in the “shoulds” or societal expectations; can be uncomfortable at first to step out of actions that we find are intended to “please” them
Different if see action as responsible or community-focused for larger benefit

Can people-pleasing be a form of manipulation? Can be the difference between feeling neglected and reaching for connection; manipulation can be unconscious and not done from an intent to be malicious; can be conscious and intentional as in the case of narcissism

Can be upbringing, part of expected obedience to parents, authority figures; can be learned response to stay safe in a given situation; difficult to unlearn or moderate as adult

Being mindful of choice may go a long way to supporting healthy boundaries, gaining power through one’s own agency around how to respond, react

Okay to have flexibility in our boundaries to invite kindness in

Displeasure can feel like rejection – takes work to manage and work through the discomfort

Guilt and shame that was associated with not wanting to do what was requested; required → “shame on you” “should do”

How you present information can have a great impact on how people interact with it (user interface design language) – has relevance in this conversation, too.

Where is the fulcrum to create balance between the components – maybe not move the needle, may be more successful in moving the fulcrum itself – conceptualize change, control, balanced response (the fulcrum is the boundary)

Facing situation where boundaries may be in danger or building defensiveness – using curiosity, asking more questions to create space before reacting

Do this for self too – be present and curious with self to – to ask what’s causing or what’s behind the thought or action rather than go straight to shame

Future topics – ADHD as an excuse or reason; tip and tricks; how to speak up for selves; addressing perfectionism; maintaining relationships, participating in conversations; communication/being able to story who are