

Unwavering Love-Assertive Boundaries

Power and Control Attempts* Assertive Boundary Attempts*

- Helping at the expense of ourselves
- Stepping on boundaries, going over them
- Having wishy washy or not existant boundaries
- Being passive aggressive
- Bad habits (The whole sheet has examples!)
- Being late
- Addictions
- Controlling behaviours (Whole left column)
- Being indirect, expecting mind-reading
- Aggression-physical, verbal, emotional
- Manipulation
- Denying reality
- Managing other grown ups
- Fused thinking and lives (we are one)
- Name calling, black mail, emotional abuse
- Jealousy-fear and anger combined
- Entitlement-to money, people, experiences
- Not knowing your boundaries-getting stepped on
- Keeping our boundaries and agreements with self
- Respecting others boundaries and our own
- Know your needs and boundaries
- Being direct and clear, asking for what you want
- Take empowered action to get what you want
- On time or let person know of your circumstances
- Connecting with feelings and challenges
- Respect your business, act accordingly
- Be direct or takng time to get clear, then be clear
- Self sooth--take time to feel anger before responding
- Be clear in requests. Respect the response.
- Practice mindfulness
- Allow people to create and manage their lives
- Create independent & interconnected interactions
- Communicate disappointment and anger
- Speak of hurt, anger and fear. Establish boundaries.
- Accept that no adult is required to meet your needs
- Be clear--know where you start and stop

This list could go on and on. We can be quite creative in having crappy boundaries. Use this to get you started. Talk to friends, a coach, brainstorm, journal. Connect and get clear about where you honour boundaries-yours and others and where you don't.

*I have used the word "attempt" because it calms our perfectionist/controlling brain/ego, letting it know that things may not go according to plan. Be compassionate to yourself and others in the process.