

# Boundaries

“Any confusion of ownership and responsibility in our life is an issue of boundaries...”

One sure sign of boundary problems is when your relationship with one person has the power to affect your relationships with others...

Knowing what I am to own and take responsibility for gives me freedom. Taking responsibility for my life opens up many different options. However, if I do not “own” my life, my choices and options become very limited...”

–*Cloud and Townsend*

“Define what’s necessary and say no to the rest.” –*Unknown*

“She made a promise to herself to hold her own well-being sacred.” –*Unknown*

“You can be a good person with a kind heart and still say no.” –*Tinybuddha.com*

Get enough sleep: don’t let others rob you of your sleep time.

Create a “no” list, with things you know you don’t like or you no longer want to do. Examples might include: not checking emails at night, not attending gatherings you don’t like, not answering your phone during lunch/dinner, not agreeing to commitments that don’t match your priorities and values.

Actively plan self-care, rather than just letting it happen. Actively look for opportunities to practice self-care and put these on your calendar.

Schedule out a 15 minute/day self-care routine and see how you feel before and after.

Practice sensing your inner state, and take action to get your needs met. When we ignore our needs, over time, we become sick, unhappy and overwhelmed.

Don’t give in to what you’re “supposed” to think and feel because we don’t want to be labeled as lazy, selfish, or weak. Taking care of ourselves is a necessity not a pampering preference.

Take small actions for your well-being: if you’re hungry, eat; if you’re tired, take a break; if you’re upset, talk to someone you trust.

If you’re an introvert, make sure you get enough time alone. If you’re an extrovert, make sure you recharge by spending enough time with the people you love.

Love and respect people who tell you “no”, and they will love and respect your “no.”

Remember that good fences make good neighbors.

Forgiveness releases you from your own prison.

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>

<https://psychcentral.com/blog/archives/2016/06/27/3-pointers-for-prioritizing-your-self-care/>

[Michaelson J, clinical psychologist and certified coach for adults and couples.](#)

Cloud H, Townsend J. Boundaries: When to Say Yes, How to Say No to Take Control of Your Life. 1992. Zondervan, Grand Rapids, Michigan.