

How To Set Boundaries

@itslisawelsh

Module 1 - Your current boundary vulnerabilities.

Work your way through these questions making a note of any that trigger you. Use these as prompts during journalling or meditation.

- Do you ever feel bullied, manipulated, dominated, pressured, coerced, controlled, pushed into something, or exploited? If you have said yes, write down an exact example of that.
- Do you agree with someone when you want to disagree - maybe disregarding the notion that your own opinion might be valid?
- Do you regularly say yes when you want to say no?
- And is this with everyone - or with someone in particular?
- Do your relationships (friendships and/or romantic) tend to be dramatic and difficult?
- Do your relationships tend to follow a cycle of control and resentment?
- Do you feel like you're the one who's always giving?
- Do you struggle to make a decision
- Have you lost your sense of self - like you don't even know what you want anymore - because you always do what others want to do - and haven't checked in with your own preferences for ages?
- Do you feel guilty when other people aren't happy? And can't bear to let people down?

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- Do you consider yourself to be a people pleaser, who would rather just go along with what others want to do. because you'd really rather not cause a fuss or start a confrontation?
- Do you feel guilty to ask for what you need? and even apologetic for having needs?
- Do you always try to be who others need you to be?
- Do you give away too much of your time and end up cramming everything else into the end of the day?
- Do you overshare Personal Details - maybe as an unconscious tactic to try to be liked?
- Do you always seem to be the victim?
- Do people tend to take advantage of you - in subtle and even obvious ways?
- Do you feel irritated and annoyed a lot of the time? You feel taken for granted, because you're acting against your actual values.
- Do you feel worried about what others might think of you if you admit your real desires? And kind of guilty that you've got other preferences which don't match theirs?

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- Do you feel frequently disrespected, but you don't do anything about it and don't know how?
- Do you make big gestures or grand sacrifices for others in the hope that it will show them what a great person you are?
- Are you sometimes Passive Aggressive, and kind of ashamed of that?
- Do you feel lost - and sometimes wonder who you really are and what you need - especially when it's time to set goals or when you reach a turning point in life?
- Do you feel guilty for taking any time for yourself?
- Do you allow other people to touch you when you feel uncomfortable and want them to stop?
- Do you allow other people to talk harshly or yell at you?