

A person wearing a white tank top and a colorful floral dress is standing on a grey floor. White chalk lines are drawn on the floor, including a large, stylized '3' and a wavy line. The background is slightly blurred.

The *abc*'s of Boundaries

WORKBOOK JOURNAL

Section 3

The ABCs of HOW TO
Create Your Boundaries

A - You must be **ASSERTIVE**

1. Be strong in the conviction of your boundaries.

2. If your boundary has been properly thought through and you feel justified in having it, that's all the justification your boundary needs.

3. Don't change your boundary to fit different people, but change the way you deliver it.

4. When your boundary is questioned or challenged, remember the reason you created it in the first place.

5. Your boundary will stand as firm as you stand for it.

B - You must be BRAVE

1. Fear of change is natural, overcoming fear of change is essential.

2. Progress requires change.

3. A desire for healthy boundaries is healthy.

4. Balance requires brave decisions.

5. If you want to change some things in your life, you need to change some things in your life.

C - You must be CONSISTENT

1. Consistency will increase clarity. The more you enforce boundaries, the clearer they will become.

2. Consistency will display confidence. When you are consistent it shows that YOU believe that your boundaries are important and justified.

3. If you are not consistent with your boundaries, your boundaries don't actually exist.

4. People will possibly respect your consistency before they respect your boundaries, but one WILL follow the other.

5. Consistency of necessary enforcement will mean enforcement is necessary less often.

journal

1. Is there anyone in particular in your life that you have difficulties being assertive with? What will your plan be to overcome that when talking about your boundaries with them?

2. Are you as 'brave' as you would like to be? If not, which point (if any) in section B encouraged you to work on that?

3. Think about an area of your life where you have been consistently consistent. How will that help you when it comes to your boundaries?

4. What things do you hope to see changed in your life by your decision to make some changes in your life?

extra thoughts...

[illegible]