



Relax | Recharge | Reflect

Say **YES** to Self

Establishing Boundaries

www.thewellnesslounge.ie

Learning the power of Saying YES to yourself
with



Reclaim Your Wellbeing. Today!

Boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. It involves separating your feelings from another's feelings.

Violations include, taking responsibility for another's feelings, letting another's feelings dictate your own, sacrificing your own needs to please another, blaming others for your problems, and accepting responsibility for theirs.

The first step in learning to set boundaries is **SELF AWARENESS** & that is why we are here TODAY!

Q1. Why do we need boundaries?

- ✓ To practice self-care and self-respect
- ✓ To communicate your needs in a relationship
- ✓ To make time and space for positive interactions
- ✓ To set limits in a relationship in a way that is healthy

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Self-Awareness Exercise

How I know when or where to set a boundary?

Finish these 3 sentences.....

1. People may not _____

2. I have a right to ask for _____

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3. To protect my time and energy, it's OK to _____

4. When these needs are not met I feel _____

Circle as many that are appropriate to you.....

- | | | | |
|--------------|-------------|-------------|--------------|
| angry | fear | embarrassed | disempowered |
| unheard | pain | confused | controlled |
| sad | guilt | sorrow | self-doubt |
| lonely | anxiety | resentment | uncertain |
| frustrated | unlovable | jealousy | |
| disrespected | unimportant | limited | |

or add some of your own personal experiences below.....

IT'S TIME TO TAKE BACK YOUR POWER

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BE HAPPY | BE BRIGHT | BE YOU

What are my VALUES?

Values are those elements of your life which you find personally important. They are core beliefs which guide you on how to conduct your life in a way that is meaningful and satisfying for you.

In your journal, take some time to reflect on the questions below

1. What is important to you?
2. Why is it important to you?
3. What does that give you?
4. What does it generate in your life for you/for others?
5. What really annoys you?
6. Why does it bother you?
7. What behaviour do you find difficult to tolerate?
8. What would you prefer instead?
9. Without these values, I am / would be missing....
10. Because of my values, my life is more.....

*“a value is a way of being or believing that you hold most important”
Brene Brown*

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Determine your core values.

From the list below, scan through each value and see what resonates with you. Do not overthink your selections. As you read through the list, simply highlight the words that feel like a core value to you personally. If you think of additional words, be sure to add them to your list

Authenticity	Growth	Justice	Compassion
Achievement	Happiness	Kindness	Empathy
Adventure	Honesty	Knowledge	Communication
Authority	Humor	Leadership	Listening
Autonomy	Influence	Learning	Patience
Balance	Inner Harmony	Love	Time
Beauty	Loyalty	Popularity	Service
Boldness	Meaningful Work	Serenity	Recognition
Compassion	Money	Spirituality	Religion
Challenge	Openness	Stability	Respect
Citizenship	Optimism	Success	Responsibility
Fun	Peace	Status	Security
Family	Pleasure	Trust	Self-Respect
Wealth	Wisdom		

Other values can be:

Playfulness	Appreciation	Inspiration
Innovation	Joy	Ambition
Flexibility	Relationships	Cheerfulness
Calm	Health	Encouragement

This is not an exhaustive list, it is just to prompt you into thinking and reflecting on what is important to you.

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In your journal, group all similar values together from the list of values you just created.

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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Choose **one word** within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you.

See the example below – the label chosen for the grouping is bolded.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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Once you have completed, confirm your Core Values in the list below:

1. _____
2. _____
3. _____
4. _____
5. _____

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The 4 main pillars in our life:

Relationship

Career/Purpose

Finances

Health

What are YOUR self-limiting beliefs?



Self-Awareness Exercise

What area of my life would I like to explore?

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Self-Awareness Exercise

Q1.What am I currently not achieving in this area?

Q2.What do I say to myself to explain these perceived failures?

Q3.Do I believe this?

WRITE OUT THE LIMITING BELIEF

Q4.What has holding this limiting belief cost me?

Q5.In what ways may I have benefited from this belief?

Q6.Is this belief bringing me closer or further away from my goals in this area of my life?

Q.7 Am I willing to stop limiting myself? Yes! No.

*“a belief is just a thought, and a thought can be changed”
Louise L.Hay*

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The most common themes of limiting beliefs are:

1. fear of success
2. fear of failure
3. fear we are not good enough to achieve what we want
4. fear of not being loved/being unlovable
5. fear of rejection – generally leading you to avoid relationships or people please
6. having negative attributes assigned to being rich/having money: For example, rich people are...
7. fear of greatness
8. we don't deserve/we are not worthy of success
9. we have to work very hard, long hours for our money
10. others hold me back.

Limiting Belief

I don't deserve success.

I'm nobody special and I'm not an expert.

If I try that I'll probably fail and look stupid.

If I am more successful than my parents, they won't love me anymore.

I don't have enough money to do that.

I'm not 100% sure that I am heading in the right direction.

I'm too old to "start over."

Empowering Belief

I add intrinsic value to the world.

I may not be an "expert" yet, but I will be someday.

I can use my failures as a learning experience.

I can't wait to make my parents proud by showing them everything I can do!

Money doesn't hold me back.

Moving in the wrong direction is better than being paralyzed by fear and going nowhere.

Because I'm older I have the benefit of experience.

People who are truly happy don't put limits on their dreams.

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For each limiting belief that you have discovered do the following:

1. Write down the belief on a blank piece of paper
2. Look at it, read it and tune into how it makes you feel when reading it
3. Acknowledge that it is **NOW** your intention to let this belief go
4. Rip up the piece of paper or burn it (*if you can do so in a safe controlled environment*)
5. Write out your new belief that aligns with the preferred outcome you wish to have in this area of your life.



I committed to having conversations like this with myself every single day. It became my **NEW STORY** for when the old belief came up (because it did), but I had now developed new affirming self-talk to shift me from one belief system to another. At the end of six weeks I really believe and felt that I was going to have a relationship and good relationships come to me AND it did. There was an **ENERGETIC** shift.

6. Create your new powerful story by using self-affirming, motivating affirmations. Make it short easy and emotive so that it resonates with you.
7. Select your new belief statements from your story
8. Practice this story and these statements daily until you feel a shift
9. Practice Gratitude for these changes coming into your life
10. Put reminders EVERYWHERE
11. Get EXCITED as the change you desire is coming

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Rational Boundary-Building Thinking

These are just a few examples of unhealthy thoughts or beliefs which allow boundaries to be ignored or violated. Following each unhealthy belief is a healthy, rational, realistic, reality-based affirmation for healthy boundary building.

Unhealthy Belief	Healthy Boundary Builder
I can never say "no" to others.	I have a right to say "no" to others if it is an invasion of my space or a violation of my rights.
It is my duty to hold them together.	I have a right to take care of myself. If they want to stay together as a family or group, it is up to each individual to make such a decision. We all share responsibility to create the interdependency needed to keep us a united group.
I can never trust anyone again.	I have a right to take the risk to grow in my relationships with others. If I find my rights are being violated or ignored, I can assertively protect myself to ensure I am not hurt.
I would feel guilty if I did something on my own and left my family or group out of it.	I have the right and need to do things which are uniquely mine so that I do not become so overly enmeshed with others that I lose my identity.
I should do everything I can to spend as much time together with you or else we won't be a healthy family or group.	I have a right and a need to explore my own interests, hobbies and outlets so that I can bring back to this family or group my unique personality to enrich our lives rather than be lost in a closed and over enmeshed system.
It doesn't matter what they are doing to me. As long as I keep quiet and don't complain, they will eventually leave me alone.	I will stand up for myself and assert my rights to be respected and not hurt or violated. If they choose to ignore me, then I have the right to leave them or ask them to get out of my life.
As long as I am not seen or heard, I won't be violated or hurt.	I have a right to be visible and to be seen and heard. I will stand up for myself so that others can learn to respect my rights, my needs and not violate my space.
I'd rather not pay attention to what is happening to me in this relationship which is overly intrusive, smothering and violating my privacy. In this way I don't have to feel the pain and hurt that comes from such a violation.	I choose no longer to disassociate from my feelings when I am being treated in a negatively painful way so that I can be aware of what is happening to me and assertively protect myself from further violation or hurt.
I've been hurt badly in the past and I will never let anyone in close enough to hurt me again.	I do not need to be cold and distant or aloof and shy as protective tools to avoid being hurt. I choose to open myself up to others trusting that I will be assertive to protect my rights and privacy from being violated.
I can never tell where to draw the line with others.	There is a line I have drawn over which I do not allow others to cross. This line ensures me my uniqueness, autonomy and privacy. I am able to be me the way I really am rather than the way people want me to be by drawing this line. By this line I let others know: this is who I am and where I begin and you end; this is who you are and where you begin and I end; we will never cross over this line so that we can maintain a healthy relationship with one another.

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If you want to assess your own boundaries, I suggest you affirm your needs. It will help you set “a line in the sand,” as it were.

The Absolute Yes List

To help you set your personal boundaries and determine your true priorities, create what Lifestyle Makeover expert Cheryl Richardson calls the "**Absolute Yes List.**" This list is about setting new priorities for yourself, using your time the way you really want.

Put your self-care above anything else—say no unless it's an absolute yes. Choose to spend your time and energy on things that bring you joy and make decisions based on what you want instead of what others want. If you don't set boundaries and take care of yourself, your health and well-being are at stake. And, if you are neglecting yourself, you aren't helping your family and others around you.

Ask yourself:

1. What needs your attention at this time in your life?
2. Think in terms of the next 3 months, not the next year. What needs your attention: your marriage, financial, health, your physical and emotional health? Maybe you need to find a babysitter to care for your child so you can have time for yourself each week. What are the most pressing areas right now?

More examples: spiritual well-being, time with friends, school, work, volunteering, finances, household chores, home repair.

3. Once you've made your list above, pick the top five priorities.
4. Does your list need to be reordered?
5. Place yourself at Number 1

Daily Reminder

Once your list is complete, print it out and place it where you will see it throughout the day—the bathroom mirror, the dashboard of your car, your computer monitor, etc.

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Learning to Say No

Do the following statements pertain to you? Answer true or false.

1. I lie about my feelings if the truth might upset someone.
2. I want people to sense it when I've hit my limit, without my having to say anything.
3. I go blank when asked what I want, like, or think.
4. My "to do" list includes things I don't have to do, and things I don't want to do.
5. I eat, cry, smoke, or drink when I'm angry.
6. I sometimes feel quite drained; I explode at my loved ones & then feel terrible about it.
7. I feel panicky about the thought of someone disliking or disapproving of me.
8. I feel virtuous when I override my own needs or wishes to please others.
9. I feel resentful while doing things for other people.
10. I complain about other people's needs and demands when they aren't present.

If you answered true to **one** of these statements, you need to work on that particular action and reaction.

If you answered true to **four or more** of these statements, you definitely need to look at your boundaries and learn when to say "No"

As you practice saying no, it will get easier. Start now!

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The 'Five Things' Method:

1. List five things you'd like people to stop doing around you.
2. List five things you want people to stop doing to you.
3. List five things that people may no longer say to you.

Practice Saying NO:

- ✓ Not right now, sorry.
- ✓ I'd love to, but I'm afraid I don't have the time.
- ✓ I don't want to, but I'm going to have to say no.
- ✓ It's not a good fit for me.
- ✓ You caught me at a terrible time and I'm not able to help.
- ✓ If I said yes, I'm afraid that I would let you down. Sorry, but no.
- ✓ I'll have to pass.
- ✓ That doesn't fit into my schedule.
- ✓ No, thank you.
- ✓ That is not OK with me
- ✓ I don't love it, so I'm not the right person for it.
- ✓ I need you to stop doing that because...
- ✓ I have plans...
- ✓ I don't like doing that anymore...
- ✓ It's not on my list of priorities right now...
- ✓ I need some time and space because...
- ✓ Don't talk to me like that
- ✓ It's not OK for you to talk to me like that

Think of a particularly stressful relationship in your life right now and design using your own language, how to say NO to a behaviour, person or thing you are not ok with.

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1. What's next.....
2. What are the expected challenges?
3. What are the unexpected challenges?
4. How can you prepare for them?
5. What will making changes give you?
6. What will not making changes give you?
7. Do you need to do it ALL today?

By becoming aware of your Values & Beliefs, you will automatically start to become more aware of your needs and where you need to Say YES to yourself more by Saying NO to others.

Observe without criticism or judgement. Use this knowledge to empower yourself to heal, to make changes and to reclaim your wellbeing, day by day, moment by moment, decision by decision.

*This course is just about developing your self-awareness, if you feel you need additional support to put boundaries in place then I encourage you to seek support through coaching, counselling or other suitable professional services.