



Phone:
613-552-5778

Email:
info@patricialifecoach.com

Website:
www.patricialifecoach.com

Set Healthy Boundaries and Take Back Control of Your Life

Are you in a rut, struggling with feeling overwhelmed by this constant need to be perfect or feeling like you must do it all and take care of everyone?

You feel you have the weight of the world on your shoulders, and you have lost yourself in the process?

The answer to how you can take back control of your life and make sure you maintain plenty of room for YOU on your to-do list might surprise you.

Consider this: By five years old we already know what we need to do to belong and to survive in our family of origin. These life skills, that we learned as children, stay with us and are the basis of how we relate and cope in the world as we grow.

For example, we've learned whether someone will always be there for us, so we feel safe, cared for, secure in their unconditional love and have our own sense of worthiness. Or we've learned that we must take care of ourselves because no one has our back, or that to find our place in the family we must take care of everything or everyone.

We learn this from the values, beliefs, and the patterns of behavior that are exhibited primarily from our parents. These subconscious messages of relating and coping are running just under the surface of our lives and often dictate how we view and deal with the world around us as adults.

Which story resonates the most with you?

1. Sally loves being there for others. She is the first person her friends and family go to for support or help with a project as she can always be counted on to say yes even though she would like to sometimes say no.

She takes this same behavior with her to work and can overextend herself to the point of exhaustion. She shows her love to her partner by being agreeable to whatever the partner wants to the point of accepting disrespectful behavior to keep them happy.

She worries about what others may think and feels guilty for taking care of her own needs so continually puts herself last.

Her internal messaging – Sally needs to put everyone else's needs and wants ahead of her own as this is her way of feeling valued, loved and feels a sense of belonging.

Repercussions - Sally is exhausted and sad. She is becoming angry and resentful as it is feeling like she is always there for everyone else, but no one is there for her. She is at the bottom of her own priority

list. The weight of the world is becoming too much for her and she has lost herself in the process of trying to take care of everyone else.

2. Beth is an ambitious intellectual and can be counted on to take control of any situation. She has a vision on what and how things need to be done so tends to micro-manage to make sure things are done correctly. Good is not good enough when perfect is always the preferred way of operating.

She feels personally responsible for solving the problems at work, home and for loved ones. She does not ask for help and tends to isolate herself when life gets to be too much.

Her internal messaging – Beth needs to take charge to minimize the risk of showing vulnerability and potentially getting hurt emotionally.

Repercussions – She becomes overwhelmed when life gets too much and/or she feels that she can no longer control what is happening in her life or around her. She has become emotionally empty, is in a rut and has no idea how to get moving again.

3. Angela is an ambitious intellectual. She is upbeat and confident as she knows the value she brings to the table, both at work and at home. She has no problem asking for help when she needs it, is open to other people's ideas, but at the end of the day, after considering all aspects of a situation, she does what she feels is the right course of action. She's self-aware and does what she needs to take care of herself both physically and mentally which means saying no when she needs to, or yes when she wants to.

Her internal messaging – Angela feels comfortable in her own skin and knows her worth. She feels secure with her support system in life so has all the necessary life skills to go after what she wants as she knows she can handle whatever life throws at her.

Repercussions – She feels comfortable making life decisions that are for the benefit of herself, her family and in her work on a case-by-case basis. She has a strong sense of her own worth and lives life on her terms, not on what others may think. Life may not always be easy, but she has the internal resources to deal with it and get back up again.

Boundary Styles

The examples above are based on three very different boundary styles or coping mechanisms.

Sally uses the **Vague style of setting boundaries**. This means that she has little sense of her own worth and will do whatever is necessary for others to feel connected and have a sense of value.

Characteristics of people with a vague boundary style include:

- An extreme need for external approval
- A tendency towards people pleasing
- Difficulty communicating own needs
- Fear of rejection and that feeling of never being good enough

Beth uses the **Rigid style of setting boundaries**. Her rigid approach comes from a place of protectionism, keeping big walls up to protect what's left of herself from being hurt. She finds it easy to say no but it comes from a place of fear.

Characteristics of people with a Rigid boundary style include:

- A tendency towards perfectionism
- Needs to be in control
- Fear of intimacy
- Live very much in your head, not in your feelings

Angela uses the **Flexible style of setting boundaries**, which is the most empowering approach. This approach comes from the inner confidence of knowing who you are and your worth. This allows for vulnerability and putting yourself out there in the world knowing that regardless the outcome, it does not affect your worth.

Empowering You

Belonging is one of our primary needs of survival, both physically and emotionally. Depending on your life experience as a child, it can then dictate who you need to be to belong.

The Rigid and Vague boundary styles are learned approaches to find a way to belong and survive when you were young. But it comes at the expense of your self-worth, identity, and resilience.

A Flexible boundary style comes from within. It means you've learned that you are safe, loved unconditionally, worthy, and that it's ok to put yourself out there as you can manage any outcome.

A Flexible boundary style is also learned when we were young. Our parents made us feel safe, loved, valued, kissed our boo boos and sent us back out there letting us know that we are ok and that they will always have our back. This gave us our sense of worth, security and inner resilience. The great news, this boundary style can also be learned later in life!

Here are 3 ways to help strengthen and develop your Flexible boundary:

1. Honor and identify what is happening in your body. Be aware of what your body is trying to tell you...does it feel right or not?
2. Honor your personal preferences, speak up for what you want.
3. Internalize the belief that "no" is an acceptable answer.

A new, more flexible way of dealing means getting uncomfortable while you process the new you. Learn to be ok with this as you are worth it. Dealing with the world when you come from a place where you trust your own worth opens the door to so many possibilities and the opportunity for a much deeper life experience!

Let go of overwhelm and take back control for you

Learn more about your boundary style with me: Get started today with a confidential 30-minute consultation at www.patricialifecoach.com/book-consult or email me at info@patricialifecoach.com"
info@patricialifecoach.com.