

## Short-guide to Setting Boundaries

The core of our co-dependant work is repairing the wound around it. We chose relationship over being who we are.

So the work?

While in relationship, choose ourselves no matter the cost, find out if we'll die, and reap the opportunity to get further embodied by feeling the totality of our experience. We just might find that our relationships to ourselves and others improve and deepen. We also become a more self-governed free agent.

### Insta-boundary

This is the arrow you need in your quiver ALL THE TIME. You MUST learn to do this one.

This type of boundary happens in an instant and is designed to honor yourself, and them.

Essentially this is a ***TIME OUT***.

This is critical to learn so you can get your PFC (Pre-Frontal Cortex) back online and your inner parent back in the driver's seat. You want to de-escalate any fight by taking command of yourself.

The insta-boundary is the way to do this.

1. Whenever you can call a **time out**, or say "**stop**." The simpler the better.
2. Use the time out hand signal right in front of your own face, so they can't miss it.
3. Muster the strength to put a time frame on your space-taking. (this helps the other person be more supportive).
4. If they don't listen, be willing to do whatever it takes to honor your boundary including leave, drive away, call the cops, take your kids with you, etc.

**Example:** "Whoah, time out. I need a break. I'm getting no where. I will come back in X time."

**Example:** "time out. TIME OUT. I need to stop. I'll be back in 30 min."

## Pre-meditated Boundary

This is a boundary you've thought about for a while. You've chewed on it to the point of getting clear that some behavior in them (or in you) isn't okay. You're gearing up to change it.

1. Find your line
2. Get the courage to speak it
3. Find out if they are available
4. Start with your care and lead with vulnerability by revealing yourself first...Revealing your fear is disarming. You are also leading by example. Demonstrating what you want.
5. Don't use But. Use AND.

**Example:** "I'm scared to share something right now. Whew. Here goes, I love you, and..." (don't use but).

**Example:** "I'm trembling right now because I want to share something hard for me. I love you, and, I'm no longer okay with being treated like this."

**Example** "Hey honey, I know I've been a doormat over here and I'm done with that. I'm going to be saying no more, so I can resent you less."

**Example** "Hi dear, I'd like to start taking better care of myself in this relationship. I've realized that when I don't advocate for myself and my needs in this relationship I resent you, shut down, make you wrong, and pull away. I'd rather not do that because I'm guessing that sucks for you. So, are you willing to support me in setting clearer boundaries so that I can embrace more of me and you?"

## Interrupter--Boundary

This one is simply designed to keep you present, and keep them from rambling. This is valuable because you can retrain yourself and someone to have a more present-centered conversation.

**Example:** "Hey man, I need to interrupt you here. I'm not following you and I really want to get what you are saying, can you bottom-line it, so I get it?"