



# SETTING BOUNDARIES.

**"When we say 'yes', we make clear what we want, but also what we don't want"**

Boundaries for most of us is a 'no' word. But firstly, let's start from what boundaries are.

Boundaries are our physical and energetic space.

It's our vital space, that we need in order to feel safe, secure and comfortable.

Everything that comes into that space, must nurture our body, mind and soul, otherwise we are violated.

For example, the loud noise is crossing our energetic boundaries.

The things we are forced to do are crossing our emotional and physical boundaries.

The unconscious choices that are trauma responses, are crossing our energetic boundaries as well.

Sometimes we are crossing our own boundaries, and some times, others or circumstances are crossing them.

## INNER CHILD

Our relation with our boundaries started when we first born.

The moment our skin was separated from our mother's womb.

How our caregivers touched us, defines how comfortable we are with our physical boundaries.

How they pushed us to do things in different areas of life, or helped us to connect and express with our own needs, defines how easily we can listen to our own body, how clear are our yes and no's.

So, in the first place, clear boundaries is an inside job, that of course was formed in early stages of life.

## FUTURE SELF

In order to avoid being drained or violated, it's important to define in the present moment, what is our vital physical and energetic space.

How comfortable do we feel will people around us.

How easy it is for us to listen to our inner voice and what we really need?

How easy it is to express our needs

How easy it is for us to say yes to things?

And then, how easy it is to say no?

A reminder: The yes and no's are connected.

Overtime we say yes to eating healthy we say no to fast food.

Every time we say yes to meaningful conversations we say no to small talk..

It's easier to think of boundaries as a YES thing, and then the no's will come more natural and easy.