



TODAY I SET MY BOUNDARIES.

DAY.18

‘Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others’

Typically, we think of setting boundaries is all about saying “no” to protect ourselves. We focus on words such as declining and refusing. When we do not identify, set, and maintain boundaries, we may say yes when we really mean no. We may make other people’s problems our priorities, perhaps to the exclusion of our own needs.

Not setting boundaries may also be evident when we accept abuse or unfair treatment. We may also become overly apologetic and not speak what we are truly feel. In short, a lack of boundaries may be a **catalyst for compassion fatigue**. In contrast, setting healthy boundaries is a way to stand up for our values and maintain both our self-respect and our respect for others. It is a way to prevent and limit our annoyance, frustration, and anger AND increase the likelihood of behaving in the ways that we desire.

As Brené Brown says in her book, *Daring Greatly*, setting very clear boundaries about what we are willing to do, unwilling to do, willing to take on, and unwilling to take on, is an integral part of being compassionate. In the process of developing CR, we must, therefore, learn **how and when to apply compassionate boundaries**, as well as when to relax or **let go of our boundaries**.

DAY.18

Phrase of the day: 'Today I set my boundaries'.

Please also write this phrase in your journal.

PRACTICE 1: In a sequel to yesterday's theme, today try to communicate boundaries **by saying a kind NO.**

Keep in mind, Clear = kind, unclear = unkind. If you say yes, but actually can't deliver that's unkind. You are not helping others, neither yourself.

PRACTICE 2: A crucial part in setting boundaries, is setting priorities.

Write down in your journal:

1. What is important to me? How do I want to live? What do I want to achieve. And why? Having clarity about your direction, goals & intentions, helps to set boundaries.

2. If you could be the ideal you, what are the **behaviours** you want to demonstrate in your job, your relationships?

Once you know that list of behaviours, you can identify the boundaries that you want to set in your relationships that will **support you being the person you want to be.**

Good luck!