

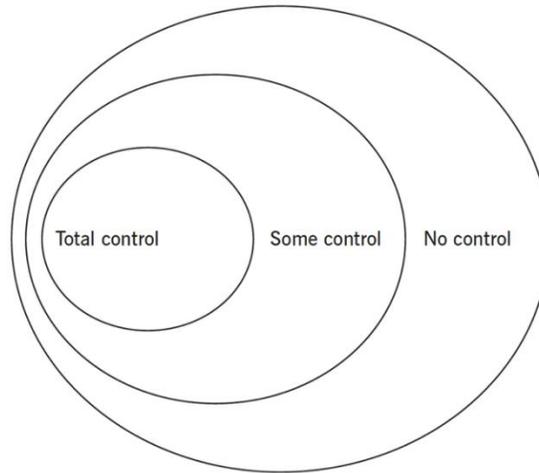


Boundaries as Tools for Cognitive and Emotional Readiness

changing the outcome together



Sphere of Control



Reflect on something that is causing you stress or angst due to uncertainty. It may feel like you have 'no control'. Where might you have 'some control'? 'Total control'?

Where are you spending energy and focus? Is it on areas you have control? Or in space where you have little influence?

Boundaries

A boundary is simply what is “ok” and what is “not ok”.

-Brene Brown

Personal/Time

Rules, parameters, & scoping we set to manage our time

Healthy

Avoiding texting during off hours.
Leaving work at work

Unhealthy

Reaching out after hours for non-urgent matters

Physical

Refers to personal space

Healthy

Asking for permission to enter another person’s space & sharing your space

Unhealthy

Invading another person’s space or allowing your space to be ignored

Intellectual

Involves personal thoughts and ideas

Healthy

Respecting differences in thought & opinions by leveraging separate realities

Unhealthy

Forcing opinions/thoughts onto others or shutting down differences

Emotional

Personal feelings & understanding them

Healthy

Willing to be vulnerable & appropriately sharing with others

Unhealthy

Being defensive or dismissing another’s feelings

Material

Refers to money & personal possessions

Healthy

Setting limits as to what you are comfortable sharing

Unhealthy

Pushing others to share possessions

A **Hard Boundary** are boundaries you are unwilling to compromise and need to act on immediately.

A **Soft Boundary** are boundaries that are more like wishes and that you are willing to compromise.

Creating Space to Thrive

Write out the boundary you need to set for yourself. It may be a boundary that you need to reset, reframe, or shift from soft to hard.

What factors might make it challenging to uphold the boundary for yourself?

What are 2-3 practical steps you can take to hold that boundary?

